

2015

home . recipes

DIGITAL EDITION

R30
TRIED &
tested
in our
kitchen

Breakfast
Starters
Mains

+ Sweet treats
From desserts
to tea-time
delights

*In the mood for
empanadas?*

50+

favourites
step by step

10



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Feed your soul

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Hello



I've always wondered what it means when people describe themselves as a "foodie". Must you be able to bake a soufflé with one hand without it collapsing or is a foodie someone who is invited to new restaurants and can tell you, after just one mouthful, which ingredients were used and who the chef is?

If this is the case, I'm not a foodie. I eat almost anything (except for beetroot and tomato skin – hot or cold) and to me, food is either delicious or bland. Sometimes, it's simply a means to quell my hunger, but for the most part it's a sensory experience.

I like to eat and I love good food. Fatty food. *Boerekos*. And also Asian flavours such as green curry. I'm not crazy

about salads unless they're unusual, but I do love any kind of potato salad and a simple homemade green salad with a spicy dressing of olive oil, red wine vinegar and chilli. Not to forget roasted pine nuts and grated Parmesan sprinkled on top!

Oh, and red meat, lamb, pork neck and pork belly. Or oxtail and *waterblommetjie* stew. Pumpkin fritters. And the best comfort food ever: wors and mashed potatoes served with peas and topped with a tasty sauce. Delicious!

As I paged through the mouthwatering recipes in *Home Recipes*, I found myself craving all my favourites. Because that's what this is: a collection of *Home's* most popular step-by-step recipes featured over the years.

Johané Neilson, our food editor (above), selected the recipes. Some of them are her handiwork, while others are her predecessor's, Sonja Jordt. We've been eating like kings for years here in the office, with the test kitchen right next door.

Happy cooking!

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home

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Rise and *shine*

*Eggs take
centre stage*

Most eggcellent!

Learn the secret to making the perfect omelette in a few easy steps.



Basic omelette

This recipe is for one omelette, as they're best made one at a time. Double the quantities if you're up to juggling two pans.

Serves: 1

Preparation time: 10 minutes

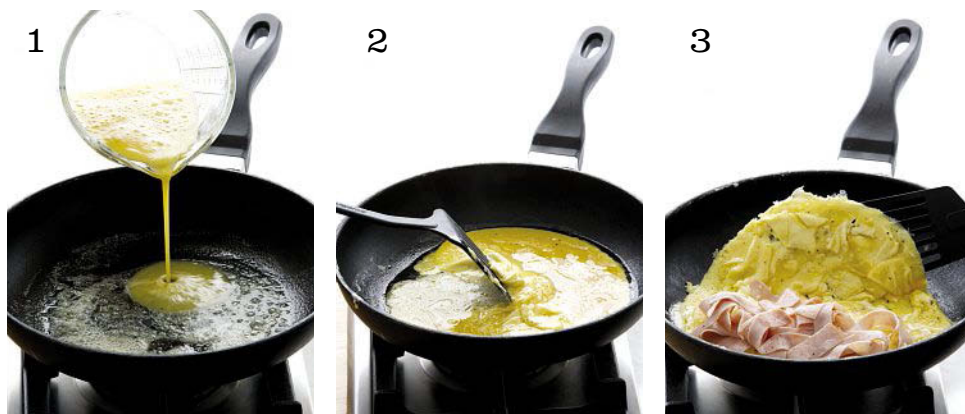
Cooking time: 5-8 minutes

- 3 eggs
- 45ml water
- 2ml salt
- freshly ground black pepper to taste
- 30ml butter or oil

1 Beat the eggs until well mixed then add the water, salt and black pepper. Warm the pan over moderate heat and heat the butter or oil in it. Then pour the egg mixture into the pan, reduce the temperature and allow it to cook over low heat.

2 As soon as the mixture starts to solidify, lift it at the edges so that the raw egg can flow to the bottom. Do not stir the omelette or break it.

3 When the omelette is thick and creamy, fold it over a filling of your choice. Slide it onto a warm plate and serve immediately.



Filling ideas

- Sprinkle grated cheese such as mature cheddar or Gruyère over the omelette before you fold it. For added flavour, sprinkle grated Parmesan over the top just before you serve.
- Finely grated biltong or crispy fried bacon is delicious in an omelette.
- For a herb omelette use parsley, thyme, chives or oregano finely chopped with a small onion and add this to the raw egg mixture. Stir before you fry the omelette.
- Ham or leftover chicken with fried mushroom is a classic combination.
- Also try your favourite roast veggies with pecorino, feta, mozzarella, ricotta or goat's milk cheese.

What's that?

Frittata is the Italian version of an omelette, but it's not folded; it's made 'open' in a pan and the filling is cooked before the egg is added. It's then placed under a grill to roast until golden brown and sliced before serving.

Tortilla is a Spanish omelette made with eggs, onion and potato and prepared much the same as a frittata – but it's inverted, not grilled. Served warm or at room temperature, it's often part of Spanish tapas at restaurants.

Soufflé omelette is the French take on the omelette. This omelette has to be served as soon as it's cooked.

Tips

- When making an omelette, it's important to get the oil or butter as hot as possible before pouring in the egg mixture. Pour it in just before the butter turns brown. When you pour in the mixture, swirl the pan around until the mixture covers the base.
- One omelette is enough for one person and because it's so easy to make, there's no point in making a large one only to cut it in half.
- Fresh bread, a green salad and an omelette are all you need for a wholesome meal – that can be enjoyed at any time of day.

Soufflé omelette with cheese

This little masterpiece only takes about five minutes to prepare. You can use any of the filling ideas listed above.



Separate three eggs. Beat the egg whites until stiff. Add 45ml water, salt and pepper to the yolks. Beat the yolks until frothy. Using a large metal spoon, carefully fold the yolks, a handful of grated cheese (use a mixture of mature cheddar, Parmesan and Gruyère) and a sprinkling of chopped chives into the stiffly beaten egg whites without knocking the air out of the mixture. Pour the egg mixture into a greased 20cm frying pan and fry for about a minute. Sprinkle extra cheese over and grill in a preheated oven until the cheese melts and turns golden brown and the eggs are cooked all the way through. Slide it onto a serving dish and serve with extra cheese. 🏠

Twice as nice

Worried about your soufflé collapsing in front of hungry guests? Make sure it won't happen by baking it twice; here's how...

Twice-baked soufflé with biltong and Parmesan cheese

This egg dish makes for a delicious light meal served with a salad and bread.

Serves: 4

Preparation time: 20 minutes

Cooking time: 35 minutes

Oven temperature: 180°C

- 60ml butter, plus extra to grease four ramekins
- 100ml Parmesan cheese, finely grated
- 60ml flour
- 300ml milk
- 180ml Gruyère cheese, finely grated
- 100g biltong, finely chopped
- 4 eggs (room temperature), separated
- freshly ground black pepper, to taste
- 60ml cream
- a few sprigs of fresh origanum

1 Grease the ramekins with a thick layer of melted butter (not oil) and sprinkle some Parmesan cheese inside the ramekins to form a layer. Refrigerate.

2 Preheat the oven. Melt the butter in a saucepan, remove from the heat, add the flour and stir until smooth. Gradually stir in the milk until smooth and return the saucepan to the heat. Stir continuously until the mixture thickens and a white sauce forms. Allow to simmer for 1-2 minutes then set it aside for 5 minutes to cool slightly. Add the remaining Parmesan and Gruyère cheese, as well as the biltong and egg yolks. Stir until thoroughly mixed. Season with freshly ground black pepper. (Remember that the cheese and biltong will probably provide sufficient salt.)

3 Beat the egg whites in a clean, dry glass or aluminium mixing bowl until soft peaks form. Don't over-beat. Use a large metal spoon to fold the egg whites carefully into the biltong mixture.

4a Spoon the mixture into the prepared ramekins, place them in a deep oven dish and fill the dish halfway with water. Bake for 25 minutes or until the soufflés are well risen. **4b** Remove the ramekins from the oven and let them stand for 5 minutes.

5 Use the standing time to heat a baking tray in the oven. Turn the soufflés out onto the baking tray and place a spoonful of cream on top of each one, followed by a sprig of origanum and a little Parmesan cheese. Bake for 5-10 minutes and serve immediately. 📶



Tips

- Get all the ingredients and equipment ready before you begin and ensure that everything is at room temperature.
- The Gruyère and Parmesan in the mixture can be replaced with crumbled blue cheese.

- The soufflé mixture can be made until the end of step 2 and then left to stand for two hours before you fold in the egg whites. Once baked, the soufflés can again be left for up to an hour before being returned to the oven for a second time.

*The only thing that will
make a soufflé fall is if it
knows you are afraid of it.*

*- James Beard, American
chef (1903-1985)*

The word 'soufflé' is
derived from the French
verb *souffler*, which
means 'to puff up'.

A perfect start *to your day*

Potato rösti with soft poached eggs and hollandaise sauce is delicious and surprisingly easy to prepare.





Rösti

Rösti is a traditional Swiss potato dish made from grated potatoes fried until they form a thick and crispy golden brown 'cake'. This is then sliced and served with meat dishes or eggs for a yummy breakfast.

Makes: 4 x 23cm röstis
Preparation time: 1 hour
Cooking time: 20 minutes

- 1.5kg potatoes
- 2ml salt
- 125g streaky bacon, chopped
- 30ml butter

Tips

- If you don't want to use bacon in the rösti, mix 45ml olive oil with half the butter in the pan before spooning the grated potato into it.
- You can also add fried onions to the potatoes instead of bacon: first fry 2 chopped onions in 45ml olive oil until soft and glossy, then add the butter before adding the grated potatoes.
- To bake the rösti, flash-fry on both sides to brown and then bake for about 20 minutes in a preheated oven at 180°C to cook through. It can also be kept warm this way, if necessary – just make sure you reduce the oven temperature to 100°C.

1 Place the potatoes in a pot and cover with cold salted water. Bring to the boil, then reduce the heat and allow to simmer for about 10 minutes. Drain the potatoes and peel as soon as they're cool enough to handle. Then roughly grate the potatoes.

2 Fry the bacon in a pan using half of the butter until all the fat has rendered. Spread the grated potatoes and bacon in a thick layer in the pan. Fry over low heat for about 10-12 minutes.

3 Using an egg lifter, lift the potato rösti from time to time to make sure it doesn't get too brown. Let the rösti fry until golden brown, then turn a plate over onto the pan and flip the rösti over onto the plate. Heat the remaining butter in the pan until warm and frothy and slip the rösti back into the pan, cooked side up. Fry for another 8 minutes over low heat until the other side is also golden brown. **To serve** Turn the rösti out onto a serving dish and serve with poached eggs and a hollandaise sauce (see below), as you would eggs Benedict.



Hollandaise sauce

- 40ml white wine vinegar
- 1 bay leaf
- 3 black peppercorns
- 2 egg yolks
- 100-125g unsalted butter, cubed
- salt and pepper

1 Heat the white wine vinegar, bay leaf and peppercorns in the microwave. Allow to stand for a while to flavour the vinegar, then pour through a sieve. Add the lukewarm vinegar to the egg yolks in a mixing bowl while constantly beating them over a pot with simmering water. Make sure the water does not touch the mixing bowl.

2 Beat the butter cubes into the egg sauce one at a time; keep beating until the cube has melted before you add the next one.

3 Once half of the butter has been added, you can add the remainder at a faster pace. Season the sauce with salt and pepper. >>

Poached eggs

- 4 extra-large eggs
- 15ml white wine vinegar

1 Fill a pot with water and add the vinegar. Allow the water to simmer slowly, then crack the egg into a glass bowl and slip it into a soup ladle filled with boiling water and hold as close to the water as possible.

2 Slowly submerge the soup ladle into the water and use another spoon to keep the egg white as close to the yolk as possible.

3 Allow the eggs to simmer for about 2-3 minutes before removing from the water. 🏠



Tips

- Use the freshest eggs you can find (no older than 4 days) and use them directly from the fridge. Eggs stored at room temperature do not work well.
- Poached eggs are delicious with baked beans on toast – possibly one of the most nutritious meals.
- They're also divine served with smoked haddock.

Smoked salmon, cream cheese and caviar are wonderfully decadent and delicious on a rösti.



Experiment with different toppings on röstis of varying sizes.

Get the *party started!*



Whet your
appetite... }

Olé, empanadas!

Enhance the spicy flavour of these delicious pies with fresh lime and enjoy with a light beer.

Chicken empanadas with lime and coriander

Serves: 6-8

Preparation time: 1-1½ hours

Oven temperature: 180°C

Cooking time: 20-25 minutes

DOUGH

- 450g (800ml) cake flour
- 5ml salt
- 250g cold butter, cubed
- about 90ml ice-cold water

FILLING

- 45ml olive oil
- 1 onion, finely chopped
- 2 large garlic cloves, crushed
- 400g chicken breast fillets, cubed
- 200g chorizo sausage, thinly sliced
- 1 red chilli, chopped
- 5ml paprika
- 1 x 400g tin of chopped tomatoes
- zest and juice of 1 lime
- salt and freshly ground black pepper to taste
- handful of fresh coriander
- 1 egg, beaten

1 Prepare the dough Mix the flour, salt and butter in a food processor until it resembles fine breadcrumbs. (If you don't have a food processor, rub the butter into the flour with your fingertips.) Add the cold water and pulse in the food processor until the ingredients form a ball of dough. Cover the dough and refrigerate while you prepare the filling.

2 Prepare the filling Heat the olive oil in a medium saucepan and fry the onion until soft and glossy. Add the garlic and fry for another minute; remove the onion mixture and set aside. Fry the chicken pieces until golden brown on all sides. Add the chorizo and fry until it starts to colour. Add the onion mixture, chilli,

paprika and tomatoes. Season the mixture with the lime zest and juice, salt and pepper. Simmer uncovered for about 15 minutes so the sauce thickens. Allow the mixture to cool completely, then stir in the coriander.

3 Preheat the oven to 180°C. Roll out the dough on a floured surface until it is 2.5-3mm thick. Cut the dough into circles about 12cm in diameter; a saucer is ideal for this.

4 Spoon the filling (about 30ml) into one half of the dough – not too much, otherwise it leaks out. Fold the other half of the dough over the filling and pinch the edges together firmly with your fingers.

5 Place the pies on a greased baking sheet. Brush beaten egg over them and bake for 20-25 minutes or until golden brown. Serve hot. 🏠



Mmmmm, nothing beats a pie on a cold winter's day!



Tips

- Use leftover cooked chicken instead of chicken breasts; chop it up and then add it to the sauce once it has thickened.
- You can also use shredded pork or lamb instead of chicken.
- These pies freeze well; when you're ready to bake them, thaw them completely (preferably in the fridge), brush with the beaten egg and put them in the oven. Delicious!

Red meat *at its best*

Carpaccio is a popular starter served on a bed of greens at restaurants, but it's also an extremely simple dish to prepare in your own kitchen at home.

Carpaccio

Serves: 10-12

Preparation time: 15 minutes,
excluding freezing time

Cooking time: 3-5 minutes

- 1kg beef fillet (you can also use kudu, ostrich, fresh tuna or salmon)
- salt and freshly ground black pepper
- good quality olive oil
- basil pesto
- caper seeds
- Parmesan shavings
- baby lettuce leaves or rocket
- Maldon salt

1 Rub salt and freshly ground black pepper all over the fillet. Heat a frying pan until it's very hot and add some olive oil. Quickly seal the meat on both sides over high heat, remove from the pan and allow to cool completely.

2 Wrap the cooled fillet tightly in clingfilm and place in the freezer for 2-2½ hours until it's firm enough to be cut into extremely thin slices.

3 Use a very sharp knife to slice the fillet into paper-thin pieces. The meat will be frozen but don't be concerned as it will defrost quickly. Arrange the slices of meat on plates while they're still frozen – they're far easier to handle this way.

To serve Drizzle olive oil and basil pesto over the meat and season with Maldon salt and freshly ground black pepper. Sprinkle caper seeds and Parmesan shavings on top and, lastly, add a handful of baby lettuce leaves or rocket.

Variations

- Thin slices of onion, avocado or beetroot as well as marinated mushrooms or chopped peppadews are delicious served with carpaccio.
- You can also use a rub of your choice to flavour the raw meat before frying it.
- Aged or reduced balsamic vinegar and good quality olive oil can be used instead of basil pesto and olive oil. 🏠





Carpaccio is the creation of Giuseppe Cipriani who served it for the first time in 1950 at Harry's Bar in Venice, Italy. It was named for the Renaissance artist Vittore Carpaccio, who was known for the liberal use of the colour red in his paintings.

Crunchy on the outside,
yummy
on the inside

Master the art of making croquettes in just three steps.



Croquettes

A croquette is a crumbed snack usually made into a cylindrical, oval or round bite-sized shape. It's traditionally made with mashed potato, fine chicken, meat or fish and a thick béchamel sauce, and it's then deep-fried in oil.

Created in France in 1691 by a chef to the King who made this luxury snack with truffles and cream cheese, it was found to be easier to make with leftover meat. The croquette (from the French *croquer* meaning 'to crunch') gained worldwide popularity as a delicacy and later as fast

food. In Holland, croquettes are made without mashed potato and are known as *kroketten* when oblong or *bitterballen* when round; Germany, Austria and Switzerland's croquettes contain mostly mashed potato. There are also other versions in Hungary, India, Brazil and even Korea.

Makes: 12 medium-sized croquettes

Preparation time: 45 minutes

Cooking time: 15-20 minutes

- 50ml butter
- 50ml flour
- 250ml milk
- salt and pepper
- 400g (500ml) cooked chicken or other meat, finely flaked
- 1 small onion, chopped
- fresh Italian parsley, finely chopped
- zest of 1 lemon
- 5ml Worcestershire sauce
- 2 eggs, beaten
- 120g (250ml) fine, dry breadcrumbs
- oil to deep-fry



1 Melt the butter in a small pot over mild heat. Add the flour and mix to form the roux. Slowly stir in the milk over low heat and continue stirring until the sauce comes to the boil and is smooth and thick. Season with salt and pepper and allow it to cool.



2 Add all the ingredients, except the egg and breadcrumbs, to the white sauce and mix through.



3 Shape the mixture into balls. Roll them in the breadcrumbs, then in the beaten egg and again in the crumbs. Deep-fry until golden brown and drain on kitchen paper. Serve immediately.

Tips

- Make fish croquettes by replacing the chicken with flaked fish. Season with lemon or vinegar.
- You can add other seasoning such as finely chopped celery, mustard, chopped peppers, thyme and even crushed nuts or peanuts.
- Test the temperature of the oil with a piece of bread – it should brown in a few seconds but must not burn.
- Don't fry too many croquettes at once – do three or four at a time.

Did you know?

Croquettes are made with a thick béchamel sauce (panada). This creamy sauce with its light colour has a delicate taste and smooth texture. It is made by combining butter and flour to form a roux, then whisking it in warm liquid – either stock or milk – and cooking the sauce until thick. Panada refers to the consistency of the béchamel sauce, which is used to bind croquettes and also as a base for a soufflé. 🏠

Try a terrine

This meat dish is best served cold or at room temperature with pickles, chutney and fresh bread.

Spinach and herb terrine

Slice the terrine thinly and make a fresh salad to go with it.

Serves: 8

Preparation time: 1 hour

Oven temperature: 180°C

Baking time: 1½ hours

- 300g fresh spinach
- 1 onion, chopped
- 45ml fresh Italian parsley, chopped
- 15ml fresh basil, chopped
- 15ml fresh chervil, chopped
- 2ml fresh rosemary, chopped
- 125g chicken livers, chopped and fried
- 750g lean pork mince
- 4 strips streaky bacon, chopped
- 125g smoked ham, diced
- 125g cooked tongue, diced
- 4 eggs, beaten
- 2 cloves garlic, finely chopped
- 125ml cream
- 250g streaky bacon
- salt and freshly ground black pepper



1 Blanch the spinach, drain well and chop finely. Then mix with the onion and herbs in a large mixing bowl.



2 Add the chicken livers, pork, chopped bacon, ham, tongue, eggs and garlic and mix well. Stir in the cream.



3 Line the terrine mould with the bacon strips (set aside 2-3 strips to place over the top). Spoon the meat and spinach mixture into the terrine mould – use all of it, even if it looks like too much, as it will shrink when cooked. Top with the remaining bacon strips, tucking them in along the sides. Cover with foil.



4 Place the terrine in a *bain marie* and bake in a preheated oven for about 1½ hours. Remove from the oven and place a weight (such as a chopping board and tinned food) on top of the terrine to compress it. Allow it to cool.



5 Turn it out and slice thinly. A terrine mould flaps open, making it easier to turn out (as shown), but you can also use a loaf tin.





Tip

You can substitute the tongue with any other cold meat – or even increase the amount of bacon and ham. 🏠

On a roll

Making your own sushi is a lot of fun – the trick is to get the rice just right. We show you how...

Sushi

Once you've mastered the preparation of short-grain rice, you can give your creativity free rein. We recommend that you dip your fingers in water when rolling the sushi, as this will prevent the rice from sticking to your hands. Read the information box opposite if you think some of the ingredients sound... well... like Japanese.

Makes: 24 pieces
Preparation time:
30 minutes (rice),
plus 1 hour standing time and
10 minutes rolling time per roll

- 250ml sushi rice
- 325ml water
- 10ml salt
- 30ml rice wine vinegar
- 15ml sugar
- 4 nori sheets
- 80g salmon
- 1 avocado, sliced



Before Rinse the sushi rice in a colander under cold, running water for a minute. Place the rice in a saucepan and add the water and salt. Cover with the lid, bring to the boil and simmer on the lowest heat setting for 15 minutes or until most of the water has been absorbed. Remove the saucepan from the heat, and leave to stand for about 5 minutes with the lid on.

1 Mix the vinegar and sugar. Spread out the rice in a shallow dish and sprinkle the vinegar mixture over it. Stir through the rice with a wooden spoon until it reaches room temperature; this prevents lumps from forming. (It is important that the rice cools down as quickly as possible.) The rice should be sticky, not lumpy.

2 Place a sheet of nori, shiny side down, on a bamboo rolling mat. Move the nori to the edge of the mat so you can easily roll it away from you. Carefully spread the sushi rice over the nori but leave a 1cm space at the edge furthest from you. Don't press the rice completely flat – this will negatively affect the texture of the sushi.

3 Place a layer of salmon in the middle of the rice with the avocado slices on top.

4a Use your thumbs to pick up the edge of the mat closest to you. **4b** Hold the filling in place with your index fingers while carefully rolling it up.

To serve Remove the sushi from the mat and carefully trim the ends before slicing the roll into neat pieces. Serve with wasabi and pickled ginger.

LEFT Everything you need for your sushi (*clockwise from below left*): pickled ginger, sushi rice, soya sauce, wasabi paste and – for a touch of class – caviar.





Nigiri

Maki

Maki

*California
rolls*

(Inside-out sushi)

What is it?

Nori These thin sheets of dried seaweed are full of vitamins and are used to wrap the sushi rice and other ingredients.

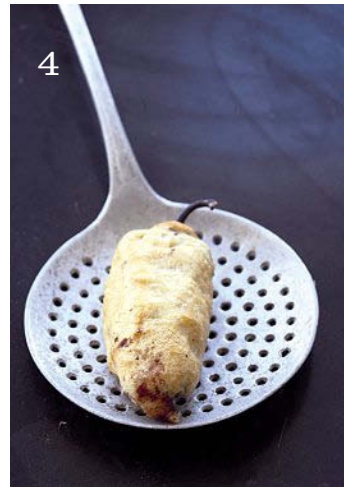
Pickled ginger Thin slices of preserved ginger, light pink in colour with a slightly sweet taste; served as an accompaniment to sushi.

Sashimi This is fresh, raw fish – buy the fish on the day it is caught and preferably eat it on the same day to guarantee freshness.

Wasabi This extremely hot Japanese horseradish is served with sushi and can be bought as a paste or powder. 🍡

Red hot chilli poppers

If you're a fan of snacks that offer a bit of a bite, these stuffed jalapeños are the bomb!



Stuffed chillies

Makes: 12 poppers

Preparation time:

35 minutes

Cooking time: 20 minutes

Oven temperature: grill

- 12 large jalapeño chillies
- 100ml cream cheese
- 100ml feta cheese
- cake flour
- oil for deep-frying
- lime wedges to serve

BATTER

- 200ml self-raising flour
- 125ml cornflour
- salt and pepper
- about 190ml ice water
- 5ml sugar

1 Grill the chillies very close to the element until the skins char; turn them from time to time so that they char evenly. Remove them from the oven, place them in a small plastic bag and leave them to sweat for a few minutes; this makes it easier to remove the skins.

2 When the chillies are cool enough to handle, peel the skins. Make a small incision down the length of each chilli and carefully remove the seeds. Mix the cheeses in a small dish and stuff each chilli with a spoonful of the mixture. You can close the openings with a toothpick if you wish, but this is not necessary if you work carefully.

3 Roll the stuffed chillies in flour, shake them well to remove the excess and set aside. Meanwhile, stir together the ingredients for the batter until just mixed, and don't worry too much if there are some lumps.

4 Heat the oil in a small saucepan – or a deep-fryer, if you have one. Dip the flour-covered chillies in the batter, one by one, and deep-fry them immediately in the hot oil. Fry a few at a time. Spoon them out, using a slotted spoon, and set aside on kitchen paper. Repeat for all the chillies. Serve them immediately as a starter with a dip, lime wedges and something cold to drink.

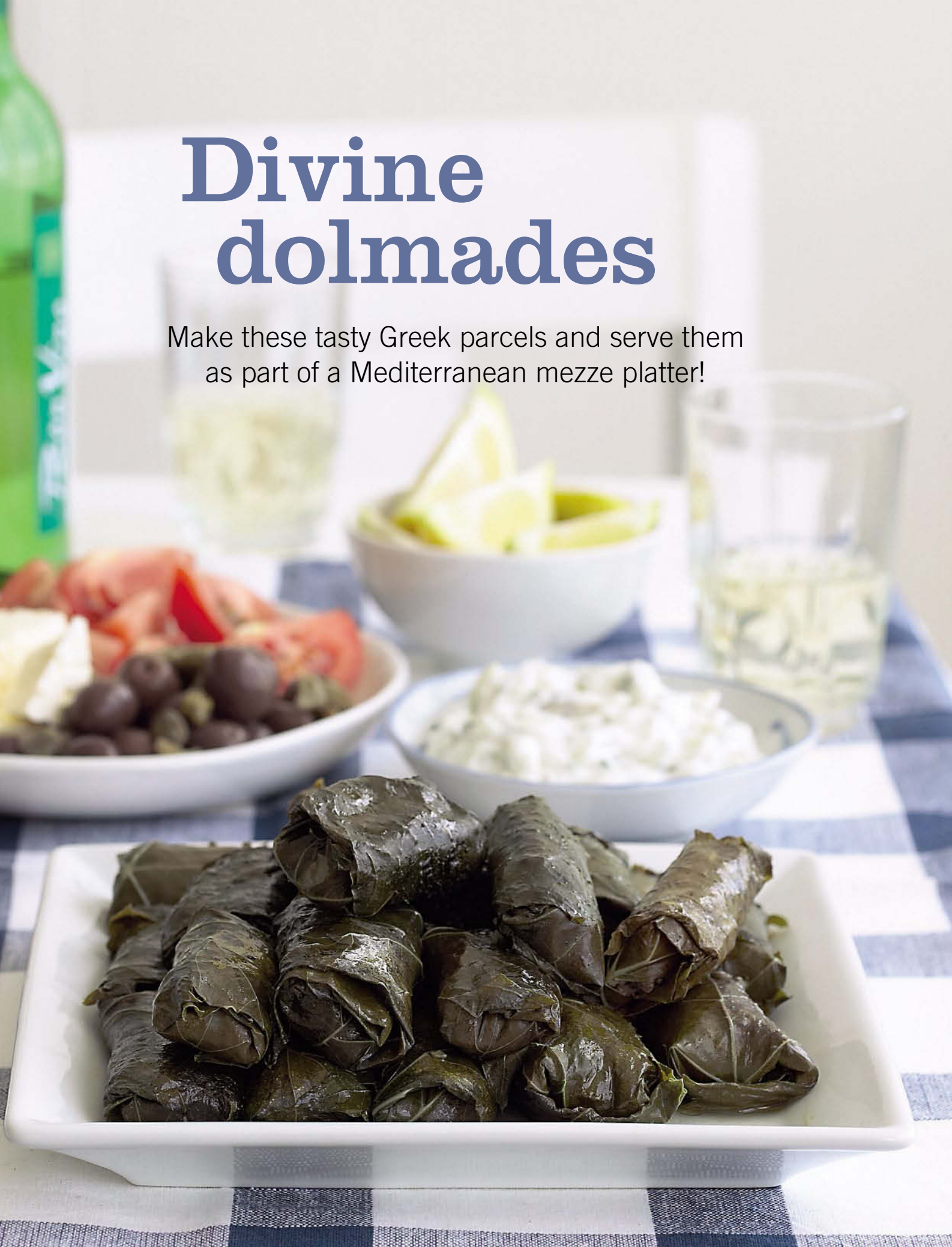
Try this...

Use mozzarella cheese or soft goat's milk cheese and parsley in the stuffing instead of feta cheese. Mashed potatoes flavoured with sour cream are also tasty, as is a thick white sauce mixed with chicken and cheese. A stuffing made from a soft cheese that does not have too strong a flavour acts as a counterpoint to the bite of the chillies. 🍴



Divine dolmades

Make these tasty Greek parcels and serve them
as part of a Mediterranean mezze platter!



Dolmades

These delicious Mediterranean starters are usually served with a variety of mezze dishes. The small parcels of vine leaves stuffed with rice, or a mixture of rice and minced meat, are simmered in water or vegetable stock flavoured with olive oil and lemon. Dolmades are a great appetiser – best served with tzatziki.

Makes: about 25 dolmades

Preparation time: 45 minutes

Cooking time: 1 hour

- 75ml olive oil
- 300g each minced pork and beef
- 1 bunch spring onions, finely chopped
- 3 fresh, ripe tomatoes, peeled and finely chopped
- 60ml Italian parsley, finely chopped
- 5ml dried mint
- 2.5ml ground cinnamon
- 100g uncooked basmati rice
- 450g vine leaves in brine
- 45ml butter
- juice of 1 lemon

1 Heat 45ml olive oil in a saucepan and sauté the mince until cooked and starting to brown. Add the spring onions and stir-fry until soft. Flavour with salt and freshly ground black pepper. Add the tomatoes, parsley, mint, cinnamon and rice and stir through. Remove from the stove and allow to cool.

2 Prepare the vine leaves Drain the leaves and blanch in boiling water for a minute to eliminate the brine. Place five or six leaves at the bottom of a saucepan to prevent the dolmades from sticking to the pan while cooking. Take a vine leaf (shiny side down) and place a teaspoon of filling in the centre. Close the parcel by first folding the bottom of the vine leaf over the filling, followed by one of the sides. Roll up the leaf to form a firm parcel, being careful not to stretch the leaf in case it tears.

3 Place the dolmades on top of the vine leaves in the saucepan – you can stack them in two or three layers. Dot with butter and add 750ml water, along with the lemon



juice and remaining olive oil. Season with a little salt.

4 Place a dinner plate on top of the dolmades, making sure that it fits perfectly – or use the lid of a smaller saucepan. This ensures that the parcels retain their shape during cooking. Bring the liquid to the boil, turn down the heat and simmer for 45 minutes to an hour or until the dolmades are soft and juicy and the rice is completely cooked. Serve at room temperature with tzatziki. If you like, you can drizzle a little extra olive oil over the dolmades and add lemon wedges.

Variation Vegetarian rice filling

Sauté a finely chopped onion in 75ml olive oil until soft. Add 125ml basmati rice and stir-fry until the rice is completely coated with oil. Add 40ml each chopped dill, Italian parsley and mint, along with 45ml fresh lemon juice. Season to taste with salt and freshly ground black pepper.

Tip You can also use fresh vine leaves. Blanch them in boiling water for 2-3 minutes until soft, then immediately refresh in cold water. Vine leaves in brine, available from supermarkets and delis, require less effort as they've already been softened. However, it's best to blanch them first to get rid of most of the briny taste. 🏠



A taste of the sea...

This sensational seafood dish is perfect for an informal get-together.

Stuffed calamari in a tomato cream sauce

Stuff the calamari and make the sauce beforehand, then all you have to do is simmer the calamari until done.

Serves: 4 (as a main course) • Preparation time: 40 minutes • Cooking time: 30-35 minutes

- 20 medium calamari tubes
- 1 onion, finely chopped
- 400ml soft white breadcrumbs
- 90ml fresh Italian parsley, finely chopped
- 4 cloves garlic, crushed

- 2 eggs, beaten
- 150ml Parmesan cheese, finely grated
- salt and freshly ground black pepper to taste
- 45ml olive oil
- 1 extra onion, finely chopped

- 6 cloves garlic, crushed
- 2 tins (each 410g) chopped tomatoes
- 5ml brown sugar
- 125ml cream
- handful of lemon leaves, roughly torn



1 Rinse the calamari tubes under running cold water. Pat dry with paper towels and make sure the cartilage has been removed from the tubes. You will feel the hard cartilage with your fingers; pull it out carefully. Cut off the tentacles.



2 Prepare the filling Mix the onion, breadcrumbs, parsley, garlic, eggs, Parmesan cheese, salt and pepper. Divide this between the calamari tubes and fill each one. Be very careful not to overstuff the tubes; the filling expands during the cooking process and the tubes may burst if too tightly filled. Close the openings with toothpicks (or you can sew them closed with a needle and thread – dark thread is easier to remove later). Heat the olive oil in a deep frying pan or pot with a wide base.



3 Make sure the tubes are dry, then fry them quickly until golden brown on all sides. Don't fry all of them at once – rather do them in batches and add more oil if necessary. Remove all the tubes once they're golden brown, then fry the extra chopped onion in the same pan until soft and fragrant. Add the garlic and stir-fry for a minute or two, then add the tomatoes and bring to the boil. Season with sugar, salt and black pepper. Add the calamari tubes and simmer in the sauce for about 30 minutes or until the calamari is tender.

To serve Remove the calamari with a slotted spoon and blend the sauce into a purée with a hand mixer. Add the cream and heat through; if the sauce is too runny, you can allow it to reduce slightly. Return the calamari tubes to the sauce.



Deep-fried tentacles

Tips

- Calamari must either be fried quickly or simmered slowly. In this instance, the tubes are cooked slowly because they're stuffed and the filling also has to be cooked through. Slow simmering ensures tender calamari.
- If you want to cook calamari quickly, fry it over high heat in butter and olive oil until golden brown.
- For a delicious snack, dip the tentacles that have been removed from the calamari in a little cornflour and fry in hot oil until crisp. Drain them on paper towels and season with a drop of lemon juice. 🏠



Garnish this dish with lemon leaves and serve on penne or rice – or with a baguette

Golden delicious

This lightly battered snack or starter is deep-fried until crisp and golden and served immediately for best results.

Tempura prawns and Asian dipping sauce

It's not just prawns that are perfect for tempura – you could also use your favourite fish, shellfish or veggies. If you like your meal with a bit of a bite, consider whole chillies.

Otherwise, try whole spring onions, sliced courgettes or slices of sweet potato – the possibilities are endless.

Although tempura is of Portuguese origin, it's very

popular in Japan where it's become an integral part of their cuisine. You can sit at the counter of a tempura restaurant – much like a sushi bar – and watch the chef prepare it.



Serves: 4 as a starter
Preparation time: 20 minutes
Cooking time: 20 minutes

- 12-15 prawns, peeled
 - oil for deep-frying
- DIPPING SAUCE**
- 180ml rice wine vinegar
 - 60ml sugar
 - 30ml soya sauce
 - 1 knob fresh ginger, grated
 - ½ red chilli, seeded and sliced into fine strips

BATTER

- 2 egg yolks
- 350ml ice water
- 5ml cornflour
- 175g self-raising flour

1 Make the dipping sauce Mix all the ingredients and set aside.

2 Prepare the batter

Beat the egg yolks and ice water together, then add the cornflour and self-raising flour and beat until mixed through. The batter doesn't have to be smooth.

3 Place the prawns (or whatever

else you're deep-frying) in the batter, making sure they're completely coated.

4 Slowly heat the oil in a saucepan. Lift a couple of prawns from the batter, allowing the excess to drip off, and deep-fry until crisp and golden all over. Don't fry too many at one time as you'll reduce the temperature of the oil, resulting in oily tempura.

5 As soon as the tempura is crisp and golden, remove it from

the oil with a slotted spoon and drain on paper towels. Serve with the dipping sauce while you deep-fry the rest.

Tip Test the temperature of the oil by dropping a chunk of bread into it. If it slowly turns golden and rises to the surface, the temperature is perfect; if this takes too long, the oil is too cold and if the bread immediately darkens, the oil is too hot. 🏠



福建僑
CHINESE NE

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Try your hand at making these delicious snacks – they're perfect for improving your dexterity with chopsticks!



Wontons with dipping sauce

Wontons form an essential part of the traditional Cantonese late breakfast known as “dim sum” or “yum cha” (“drink tea”), which literally describes the tea-drinking part of this meal, and date back to the era during which one still found tea stalls lining the country’s roads. Over time, the Chinese began to enjoy food along with the tea, and so delicious dim sum was born.

Steamed wontons are light and easy to make, particularly if you prepare the filling in advance. Serve them as a starter or as a snack with drinks.

Wonton pastry sheets (round or square) can be found at Chinese supermarkets or delis. The leftover sheets can be frozen or stored in the refrigerator for up to one week.

Makes: about 25 wontons

Preparation time: 45 minutes

Cooking time: 8 minutes per batch

- 25 squares of wonton pastry
- 500g prawns, shells removed, cleaned and chopped
- 15ml finely grated ginger
- 15ml fresh coriander leaves, chopped
- 15ml chilli jam
- 2 spring onions, finely chopped



1 Combine all the filling ingredients and season with salt. Place the pastry squares on a clean work surface and cover with a damp cloth to prevent them from drying out. Make only a few at a time to prevent the others from drying out while you’re busy with the folding and filling. Place a teaspoon of the filling of your choice in the centre of each pastry square.



2 Use a brush to paint a little bit of water on the edges of each pastry square. Fold each square in half to form a triangle and firmly press the edges with your thumbs to seal the filling inside.



4 Arrange the folded wontons on a wooden board or work surface while you prepare the bamboo steamer.



5 Line the steamer with baking paper. Cover the bottom of a wok (or a suitable saucepan) with water and bring it to the boil. Arrange 6-8 of the wontons in the steamer with the folded sides facing downwards. Cover with the lid and steam for 8 minutes or until the wontons are cooked through. It is a good idea to turn the wontons over halfway through the steaming process as this will ensure that they cook more evenly. Serve them with



dipping sauce or a sweet chilli sauce.

Dipping sauce

Mix the following ingredients together to make your dipping sauce:

- 1 small red chilli, seeded and finely chopped
- 10ml finely grated ginger
- 10ml sesame oil
- 100ml soya sauce
- 30ml rice wine
- 10ml brown sugar



Dried shiitake mushrooms must be soaked in water before use. Remove the fibrous stems before chopping the mushrooms.

Chicken and mushroom filling

Enough for: about 25 wontons

- 8 shiitake mushrooms • 250g chicken mince • 3 spring onions, finely chopped
- 1 garlic clove, crushed • 10ml finely grated ginger • 30ml fresh coriander leaves, chopped • 2.5ml Chinese five-spice mix • 10ml soya sauce • 5ml honey

1 Soak 3 mushrooms in boiling water for 10 minutes, or until soft. Drain and chop finely.

2 Combine all the filling ingredients and season with salt. 🍴

Green and gold

Stuffed and fried baby marrow flowers are a seasonal delight and the perfect accompaniment to a creamy vegetable soup.



Creamed vegetable soup with baby marrows and asparagus

Serves: 4 as a starter
Preparation time: 15 minutes
Cooking time: 20 minutes

- 200g young asparagus, cut into 3cm pieces
- 200g baby marrows, thinly sliced
- 750ml chicken stock (preferably homemade)
- 1 tin butter beans, washed and drained
- pinch of nutmeg
- 250ml cream
- 50g watercress, washed and chopped

Stir-fry the vegetables in 5ml oil until glossy. Add the stock and beans, then season with salt, pepper and a pinch of nutmeg. Simmer the soup for 10 minutes. Blend half of the soup to the desired consistency, stir in the cream and watercress and heat until warm through – do not boil. Serve immediately.



Fried baby marrow flowers

Pick the flowers fresh from your garden – their flavour is superb!

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Makes: about 12 flowers
Preparation time: 35 minutes
Cooking time: 20 minutes

- 12 young baby marrows with flowers
- oil for deep-frying

BATTER

- 375ml beer or soda water
- 150g chickpea flour
- 250g self-raising flour
- 50g maizena corn flour
- 3ml cumin
- pinch of baking powder and salt

FILLING

- 120g soft goat's cheese
- mint and parsley, chopped
- 5ml olive oil



4

1 Make the batter by beating all the ingredients together. Allow it to stand for half an hour. Meanwhile, mix the cheese, herbs and olive oil. Clean the baby marrows with a wet cloth. It is better not to wash them in water, because the delicate flowers will wilt. Open each flower and pinch out the stamens.
2 Roll the cheese into balls and stuff each flower. Carefully fold the tops closed, and set aside.
3 Sprinkle the flowers and baby marrows with flour.
4 Dip them in the batter and deep-fry in hot oil until golden brown and crisp (test the temperature of the oil with a little of the batter – it should colour within 30 seconds).
5 Eat immediately as a starter or as a crispy snack with creamy soup. 🏠



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Hail, Caesar!

Always popular in summer, this old favourite has stood the test of time – and it never disappoints.

Caesar salad

One of the most popular salads of all time was created by Caesar Cardini, an Italian chef who lived in San Diego, California but owned a restaurant in Tijuana, Mexico to dodge the then liquor prohibition. Legend has it that one evening Caesar was running low on stock and had to come up with a salad – for extra flair he even prepared it at the table. Another story claims that Caesar's brother Alexander made the salad for his pilot friends after a night out, so it was originally called 'aviator's salad'. Just as there are many versions of its origin, there are also many variations on the salad itself.

Serves: 4 (depending on whether it's served as a starter, side dish or main)

Preparation time: 20 minutes

Oven temperature: 200°C

Cooking time: 10-15 minutes

- 60g butter
- 30ml olive oil
- 3 cloves of garlic, finely chopped
- 1 sourdough bread, thinly sliced – or cut into bite-size chunks
- 30ml Italian parsley, chopped
- 90ml Parmesan cheese, grated
- 2 small or 1 large head cos lettuce, leaves separated
- extra Parmesan shavings

SALAD DRESSING

- 1 egg, room temperature
- 6 good quality anchovy fillets in oil, finely chopped
- 5ml bottled capers in salt, rinsed, chopped
- 15ml lemon juice (or to taste)
- 10ml Dijon mustard
- 100ml quality olive oil



1 Preheat the oven. Melt the butter and olive oil, and add the garlic. Stir the bread through this mixture with the parsley, season with salt and pepper, and arrange on a baking sheet. Bake until golden brown and crispy (about 8-10 minutes). Sprinkle with the grated Parmesan cheese as soon as it comes out of the oven.

2 Prepare the salad dressing

Place the egg in a small saucepan of cold water. Bring to the boil and boil for about 3 minutes. Lift the egg from the boiling water and immediately immerse it in cold water. Peel the egg once it has cooled down, chop it up finely and mix with the anchovies, capers, lemon juice and mustard. Season to taste.



3 Gradually add the olive oil to the dressing while constantly beating; the dressing will thicken.

To serve Arrange the lettuce, roasted bread and Parmesan shavings on a serving platter and drizzle the dressing over. Serve immediately. 🏠



Shredded crispy fried bacon or flaked cooked chicken can also be added to the salad.

Save them for later...

The branches of olive trees groan under the weight of their shiny, black fruit in late autumn; here's how to preserve your bounty at home.

Preserved olives

Don't be concerned that this recipe doesn't give quantities as it will depend on how many olives you have. Simply follow the steps to guarantee a successful final result. Use fresh olives, preferably on the day they have been picked, and don't allow them to stand for too long before you preserve them.

- fresh calamata olives
- water
- coarse salt

BRINE

- 330g salt
- 4.5 litres water
- 250ml red wine vinegar
- olive oil
- blanched garlic cloves, rosemary, thyme, oregano and orange or lemon slices

1 Use a sharp knife to make a lengthwise cut in each olive – cut right to the pip. If the knife is blunt, you will end up crushing the olives.

2 Soak the olives in fresh water for 7-10 days to eliminate their bitterness; replace the water each day. Make it easy to drain and handle the olives by emptying a pocket of oranges and placing the olives in the empty bag. Taste the olives after a week to see if they are still bitter. If so, soak them for a few more days.

3 Drain the olives and place them in a stainless steel, earthenware, enamel or plastic dish and cover each layer with a handful of coarse salt. Leave the olives for three days. They will draw water, which should be drained off every day. Don't worry if the olives appear wrinkled – the salt causes them to dehydrate but they will regain their original appearance.

4 Rinse the olives thoroughly and, once again, soak them in fresh water for three days. Rinse again and place them in sterilised jars. Make the brine by heating the salt and water until the salt has dissolved. Allow the mixture to cool to room temperature before adding the vinegar. Pour the mixture over the olives until the jars are three quarters full. Fill up with olive oil and flavour the brine with a combination of garlic cloves, rosemary, thyme, oregano and orange or lemon slices. 🏠



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Our daily bread

Few things in life equal the irresistible
aroma and taste of fresh home-baked bread.



Gourmet bread

Makes: 2 loaves

**Preparation time: 2 hours,
including rising time**

Oven temperature: 200°C

Baking time: 35 minutes

- 1kg (7 cups) white bread flour
- 10ml salt
- 10ml sugar
- 10g instant dried yeast
(or 25g fresh yeast)
- 30ml olive oil
- about 650ml lukewarm water
- 250-300ml grated cheese (use a mixture of pecorino, gorgonzola, mature cheddar, Parmesan or feta)
- 1 packet (about 6 slices) prosciutto, roughly shredded
- a handful of torn, fresh basil leaves
- 8-10 sun-dried tomatoes in oil, drained and chopped

1 Sift the flour and salt together in a large mixing bowl. Add the sugar and dried yeast and mix well. (If you're using fresh yeast, mix it with the sugar and half the lukewarm water, add the olive oil and leave it to stand while you mix the flour and salt.)

2 Mix the oil and lukewarm water, and gradually add to the dry ingredients to create a soft dough. Add more water if necessary. (If you're using fresh yeast, add the liquid to the dry ingredients now, then the rest of the lukewarm water.) Once you've created the soft dough, knead it for about 5 minutes until the texture is elastic. Kneading is essential for the development of the gluten in the dough. Place the dough in a greased bowl, cover with greased clingwrap and stand it in a warm place until the dough has doubled in volume.

3 Knock the dough down, add the rest of the ingredients and knead until smooth and all the ingredients are completely mixed

through. Divide the dough and place each half in a greased 23cm loaf tin or shape the dough as illustrated. Cover lightly and allow to rise for 30 minutes. Alternatively, you can shape the dough into rolls, or bake it in individual pots.

4 Once the dough has risen, you can snip it with a pair of scissors for a professional appearance. Bake in a preheated oven for 35 minutes. (This is the time required for large loaves; rolls or smaller individual breads will require less baking time.)

The magical ingredient

- Yeast is an essential raising agent for bread. A 10g packet of dried yeast is equivalent to a 25g cube of fresh yeast and is enough for 1kg of flour, or 500g of flour mixed with other ingredients. Yeast's effectiveness is dependent on heat.
- Sugar feeds yeast, making it more active and encouraging faster fermentation. Some bread recipes call for honey or golden syrup for extra flavour and colour, but too much sugar can cause bread to rise too much – and then flop.
- Salt not only improves the flavour of bread, but also controls the pace at which the yeast ferments and the consequent development of the gluten.
- Water is generally used with yeast, although it is sometimes mixed with milk, which gives the bread a softer, lighter texture. The liquid should be lukewarm for the yeast to work effectively. 🏠





*A well-cooked simple meal
can be just as good as an
extravagant dinner.
- chef Tom Aikens*

What's
for dinner?

... sticky ribs, tasty
lamb or how about
butternut gnocchi?

The upper crust

This roast rack of lamb is packed with flavour and is bound to impress your guests.

Herb-crusted rack of lamb

The classic combination of garlic, lemon, herbs and mustard is the inspiration for this special cut of meat.

Serves: 6

Preparation time: 30 minutes

Oven temperature: 200°C

Cooking time: 40 minutes

- 1 large rack of lamb (about 900g)
- 6 slices white bread, crusts removed
- 30ml rosemary, finely chopped
- 30ml fresh thyme, finely chopped
- zest of 1 lemon
- 30ml wholegrain mustard
- 60ml melted butter
- salt and freshly ground black pepper
- 6-8 small brinjals, halved
- 6-8 ripe plum tomatoes, halved
- 8 cloves of garlic
 - olive oil
 - hummus to serve



- 1** Preheat the oven. Place the rack of lamb on a clean work surface. With a stick blender, pulse the bread, herbs, lemon zest, mustard and butter until crumbly and well-mixed. Season with salt and black pepper.
 - 2** Make incisions 1cm apart in the fat of the rack of lamb and fry the meat fat side down in a dry pan until golden brown. Remove from the pan and place in an ovenproof dish. Smear a thick layer of mustard onto the meat and press the breadcrumbs firmly onto this.
 - 3** Place the brinjals and tomatoes around the meat. Sprinkle the garlic cloves over and then drizzle the vegetables with olive oil. Season the vegetables to taste.
 - 4** Roast for 30-35 minutes in the oven or until the lamb is cooked just the way you like it. The meat should still be slightly pink in the middle for optimal flavour and juiciness. Rest the lamb for about 5-10 minutes in the warming drawer before carving it.
- To serve** Carve the meat between the bones and serve with the roasted vegetables and hummus. 🏠





Tips

- Cater for two chops per person.
- Ask your butcher to scrape the bones of the rack of lamb clean; it looks appealing when you serve it and makes cooking easier.
- Allow whole cuts of meat to rest for 5 minutes after removing from the oven. This retains the meat juices and ensures juicier results.

A touch of **French flair**



Coq au vin – chicken simmered in red wine – appears on almost all menus in France and, of course, every household has its own family recipe.

Coq au vin

All restaurants, from the smallest eatery in the French countryside to the most chic Michelin establishment in Paris, try to impress gourmands with a Burgundy speciality in which chicken is slowly simmered in red wine, together with bacon, mushrooms and other vegetables. Legend has it that Julius Caesar's chef came up with the recipe. It was originally made using a cock that was at least 12 months old, which is why red wine was used to tenderise the meat.

Serves: 8

Preparation time: 40 minutes,
marinating time excluded

Cooking time: 1½ hours

- 2kg chicken pieces (thighs, drumsticks and breasts work well)
- 15ml oil
- 15ml butter
- 1 garlic clove
- 2 shallots
- 45ml cake flour
- 400ml chicken stock
- 1 bouquet garni (thyme, parsley, bay leaves)
- 125g streaky bacon, chopped
- 250g button mushrooms
- 20 pickling onions
- pinch of sugar
- salt and freshly-ground black pepper
- a handful of Italian parsley, chopped

MARINADE

- 750ml bottle red wine
- 1 onion, chopped
- 1 carrot, chopped
- 2 celery sticks, chopped
- 1 bouquet garni
- 2 garlic cloves, peeled
- 6 black peppercorns
- 30ml olive oil

1 Prepare the marinade Place all the marinade ingredients in a big saucepan, bring to the boil and then simmer for five minutes before allowing to cool. Pour the marinade over the chicken pieces, cover and leave overnight in the fridge to marinate. Turn the chicken pieces regularly.



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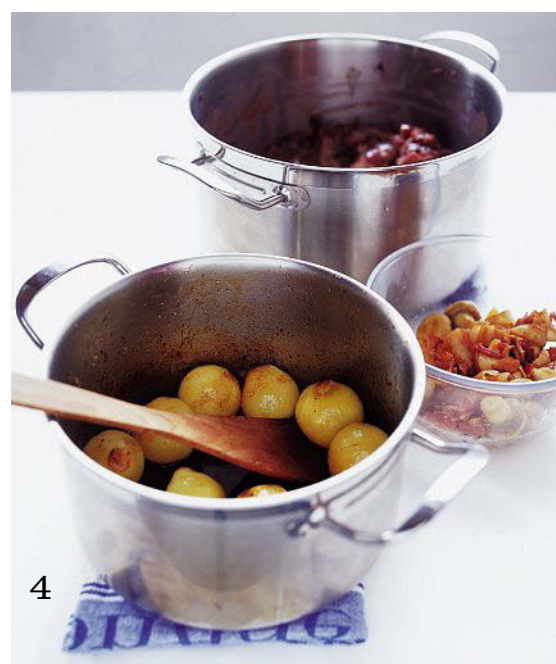
2 Prepare the chicken Drain the chicken and pat it dry with kitchen towel. Pour the marinade through a sieve and set the liquid and vegetables aside. Heat the oil and butter and fry the chicken pieces until golden brown. Remove the chicken and set aside. Add the drained vegetables, garlic and shallots and sauté for about 10 minutes until soft. Add the flour and stir it through until it has mixed with the vegetables and is lightly coloured.

3 Pour in the marinade and stock, and stir thoroughly with a balloon whisk or wooden spoon to prevent lumps from forming. Add the bouquet garni and chicken pieces and bring to the boil. Simmer the chicken without a lid over low heat for about an hour, or until tender and cooked.

4 Begin this step after the chicken has simmered for about 30 minutes. Fry the bacon and mushrooms in a pan until browned. Do not use butter or oil – the bacon has enough fat. Remove the bacon and mushrooms and set aside. Fry the pickling onions in the same pan until browned. Add a pinch of sugar and stir through. Pour in enough water to cover the onions halfway, bring to the boil, cover and simmer over a low heat until the onions are soft. When the chicken is cooked and the sauce is thick enough, add the onions, bacon and mushrooms, and heat them until warmed through. Taste and season with salt and pepper if necessary. Sprinkle the parsley on top and serve. ↑



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A melting pot of flavours

Make a Malay-style biryani – we share a colleague's recipe and show you, step by step, how to make this mouthwatering one-pot dish that serves as many friends as will turn up on a cold winter's night.

Weya's biryani

Serves: 6-8

Preparation time:

45 minutes, plus marinating overnight

Cooking time: 1½ hours

- 1kg leg of lamb cut into 2.5cm chunks
- 15ml ground cumin
- 15ml ground coriander
- 10ml turmeric
- 5ml chilli powder
- 3 whole cloves
- 3 whole allspice pods
- 4 cardamom pods
- 2 cinnamon sticks
- 4 large cloves of garlic, crushed
- 1 knob fresh ginger, peeled and grated
- 2-3 red chillies, to taste
- 125ml lemon juice
- 250ml plain yoghurt (preferably drinking yoghurt)
- 250ml lentils
- 500g basmati rice
- 1 large or 2 medium onions, sliced into rings
- oil to deep-fry
- butter to grease pot base
- 1kg whole medium potatoes, peeled (enough to cover the pot base)

DAHI

- 250ml plain yoghurt
- 1 bunch coriander, finely chopped
- 1 chilli, finely chopped (optional)
- juice of ½ lemon
- salt

1 The day before Place the cubed meat in a large mixing bowl. Using a pestle and mortar, grind together all the spices, garlic, ginger and chillies until fine. Add the lemon juice and the yoghurt to make a marinade and, using your hands, thoroughly rub the mixture into the meat. Cover with clingfilm and allow to marinate in the fridge overnight.

2 On the day Wash the lentils and boil them until cooked. Parboil the basmati rice, then strain. Deep-fry the onions in oil until golden brown, then drain on paper towels.

Make the dahi Mix the yoghurt with the coriander, chilli, lemon juice and salt.

3 Assemble Grease the base of a pot with butter and line it with potatoes, covering it completely. Add salt to taste. Place the meat on the potatoes.

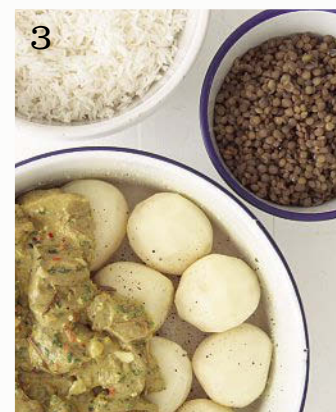


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Put half the rice in the container in which the meat was marinated, mix it with the leftover marinade, and put that on top of the meat. Mix the remaining rice with the lentils and add that too. Lastly, place the deep-fried onions on top of the pot's contents. Cover with a tight-fitting lid. (If your pot's lid does not fit securely, cover the pot with foil before putting on the lid. It's important that the pot is properly sealed so that all moisture stays inside.) Steam the food on a medium setting for about 45 minutes, then turn it down to a low setting for the last 45 minutes. After about 1½ hours the meat should be tender and the potatoes soft and fluffy. Serve with dahi and crispy poppadoms. 🍴



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Good, better, best butter chicken

This curry is a rich mixture of spices, butter, chicken, yoghurt and cream with a tangy touch of tomato – comfort food at its best.

Butter chicken curry

Serves: 4-6 • Preparation time: 45 minutes, plus marinating time
Cooking time: 35-40 minutes

- 10-15 chicken thigh fillets, depending on size
- 15ml mild curry powder
- 250ml plain yoghurt
- 1 large onion, chopped
- 1 green pepper, diced
- 100ml butter
- 4 cardamom pods, split open
- 2 cinnamon sticks
- 5 cloves of garlic, crushed
- 1 knob ginger, finely grated
- 10ml garam masala
- 5ml turmeric
- 15ml curry leaves
- 2 green chillies, chopped
- 1 large ripe tomato
- 45ml tomato paste
- 500-750ml chicken stock (preferably homemade)
- juice of 1 lemon
- 5ml sugar
- 250ml fresh cream
- fresh coriander

1 Place the chicken in a large mixing bowl and rub the curry powder into the flesh. Stir the yoghurt through, cover the bowl and put it in the fridge to marinate, preferably overnight.

2 Sauté the onions and green pepper in the butter until soft. Add the cardamom, cinnamon, garlic, ginger, garam masala, turmeric and curry leaves then stir-fry for about 1-2 minutes to allow the flavours to develop.

3 To blanch the tomato, cut a cross-section into the skin and pour boiling water over it, then peel. Dice the tomato and add it to the pot ingredients along

with the tomato paste, sugar and 500ml chicken stock, and simmer for about 10 minutes.

4 Dab the excess marinade from the chicken and fry it in a griddle pan or frying pan until golden brown.



Tip The chicken can be coated with oil before frying it in the griddle pan to prevent it from sticking. If using a frying pan, first heat a small amount of oil.

5 Add the chicken, lemon juice and cream to the pot and bring

to the boil. Add the remaining stock if needed and simmer for about 35 minutes or until the chicken is cooked through and soft. Garnish with fresh coriander and serve with rice and sambals. 🍴





Tip Place fresh red peppers on a baking tray under a preheated grill. Turn them until the skin is blistered all over and slightly charred. Remove the peppers from the oven and wait for them to cool down, then peel off the skins and slice them.

Roast saddle

It's hard to beat the enticing aroma of lamb cooking in the oven; try this mouthwatering recipe for a special occasion.



Deboned saddle of lamb with Mediterranean stuffing

This special recipe is adapted from *The French Market* by Joanne Harris and Fran Warde – the grilled red peppers add even more delicious flavour. Save yourself the trouble and ask your butcher to debone the saddle of lamb for you.

Serves: 8-10

Preparation time: 45 minutes

Cooking time: 1½-2 hours

Oven temperature: 180°C

- 1 deboned saddle of lamb (about 2kg with the bone, 1.6kg deboned)
- 30ml olive oil
- 2 red onions, chopped
- 2 garlic cloves, crushed
- 410g tin of artichoke hearts, drained
- 125ml (75g) pitted olives, chopped
- 100g lamb mince
- 2 sprigs fresh rosemary, chopped
- salt and freshly ground black pepper, to taste
- 1 egg yolk
- 2 red peppers, grilled, seeded and skins removed

1 Preheat the oven. Cut lengths of kitchen string long enough to tie the saddle of lamb once you've stuffed it. Position the pieces of string on a clean work surface about 2.5cm apart and place the saddle of lamb on top. Heat the olive oil and sauté the onion until soft and glossy. Add the garlic and stir-fry for another minute. Combine the onion mixture with the artichokes, olives, mince, rosemary, seasoning and egg yolk and then spread the stuffing evenly over the meat.

2 Place the grilled strips of red pepper in the centre of the meat. Fold the sides of the saddle towards the centre to cover the strips of red pepper and tie it closed with the kitchen string.

3 Grease a roasting tin with oil and place the stuffed saddle of lamb inside it. Roast the lamb for about 1 hour and 20 minutes if you want it rare; add 20 minutes for medium rare and an additional 20 minutes if you prefer it well done. Allow to rest for 10 minutes before you carve and serve it.

Tip For extra flavour, add lemon halves and halved garlic cloves to the meat in the roasting tin. ↑

of lamb



Sticky fingers

There's only one way to thoroughly enjoy ribs: eat them with your fingers!

Sticky pork ribs

Serves: 4

Preparation time: 20 minutes

Oven temperature: 180°C, then grill

Cooking time: 30 minutes, plus grilling time

- 1kg pork ribs

BASTING SAUCE

- 180ml sugar
- 500ml vinegar
- 90ml smooth apricot jam
- 90ml tomato purée
- 60ml HP Sauce
- 100ml soya sauce
- 90ml sherry
- 1 knob ginger, finely grated
- 2 large cloves garlic, crushed
- 1 pinch cayenne pepper
- 150ml water

1 Prepare the basting sauce

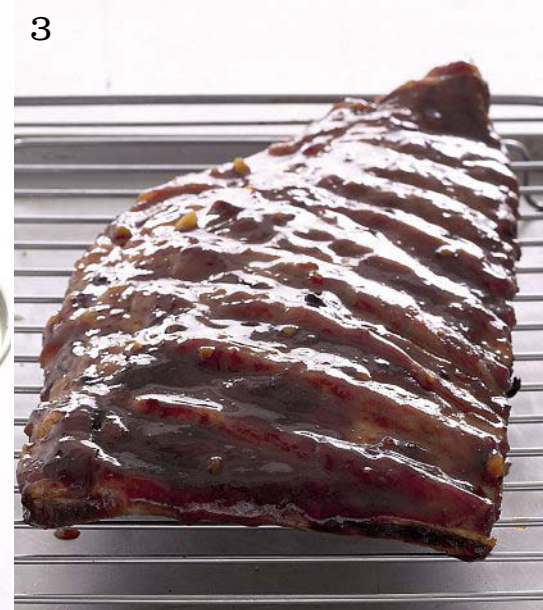
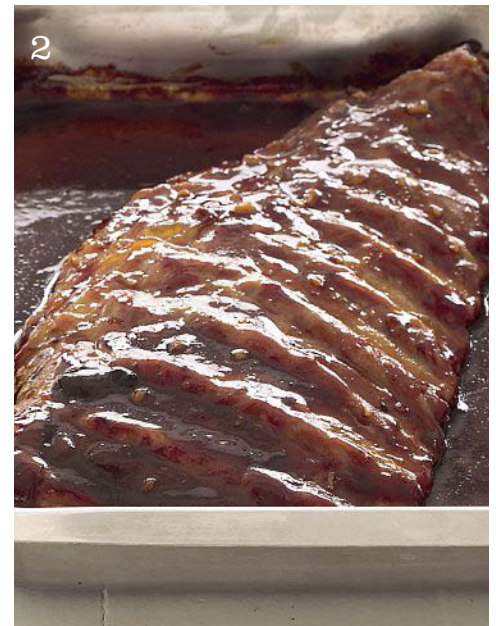
Dissolve the sugar in the vinegar by stirring it in a saucepan over low heat. Once dissolved, bring it to the boil then simmer until it turns a light caramel colour. Add all the other ingredients and stir until well-mixed.

2 Place the ribs in a roasting pan and pour the basting sauce over them. Bake uncovered in a preheated oven for about 30 minutes, turning occasionally.

3 Now place the ribs on a wire rack resting on a baking tray. Place under a preheated grill and grill both sides until golden brown and sticky.

Tip

If you'd rather braai your ribs, you must still cook them in the oven as described in step 2 before grilling them over the coals. If you omit this step, the sugar in the sauce will cause the ribs to burn before they're cooked. 📌





Sizzling skewers

Spice up your life with
this traditional Middle
Eastern dish
– it's delicious!

Lamb koftas

Serves: 4-6

Preparation time: 20 minutes

Cooking time: 15 minutes

- 500g lamb mince
- 250ml dry breadcrumbs
- 1 red onion, finely chopped or grated
- small handful of fresh mint, finely chopped
- small handful of fresh coriander, finely chopped
- 2.5ml each ground cinnamon and cardamom
- 5ml ground cumin
- 2.5ml cayenne pepper
- 10ml turmeric
- 2 eggs, beaten
- salt and freshly ground black pepper to taste
- lemon wedges, tzatziki, salsa and flat breads to serve

Tips

- Soak the skewers in water beforehand to prevent them from burning.
- Koftas are delicious served with traditional tabbouleh (salad) made from bulgar wheat: first soak the wheat until tender, then season with chopped parsley, mint, a chopped tomato or two, a finely diced green pepper and, lastly, garlic and lemon juice. Sprinkle with a little olive oil and serve. ↑



1 Place the lamb mince in a mixing bowl and break it up with a fork. Add the breadcrumbs and stir through.



3 Stir in the beaten eggs. Mould about 60ml of the meat mixture around wooden skewers, then fry or grill the koftas until cooked and serve. If you want to pan-fry them, heat a little olive oil in a pan and cook over medium heat until golden brown on all sides.



2 Add the onions, mint, coriander and spices, and season to taste with salt and black pepper.



Tabbouleh with couscous



Palestinian housewives sometimes ask the butcher to mince the meat for their koftas with the parsley, garlic and onions so that the flavours and textures can blend beautifully - excerpt from Jerusalem by Yotam Ottolenghi and Sami Tamimi

Salt-cured ribs

- just like the good ol' days



Rediscover the flavours of generations past and indulge in *soutribbetjies* braaied over the coals.

Salt-cured lamb ribs

Before there were fridges and freezers, people had to come up with all sorts of ways to preserve their meat. On the day of slaughter, various cuts were corned or salted, smoked and dried so they would last longer. Salt-cured lamb ribs (*soutribbetjies*) are still popular today. Even though the rib is ultimately cooked over the coals, it's first treated like biltong. If you prefer your meat less salty, you can place it in cold water to de-salt before air-drying it.

The entire process takes time and it's important to plan your braai, allowing time for the rib to marinate in a salt and coriander mix for up to two days before being hung up to air dry. It then needs to simmer in a pot for about an hour before it's ready to go on the braai. But it's well worth the effort and will become an instant hit with family and friends.

Serves: 6

Preparation time: 15 minutes, plus marinating and drying time

Cooking time: 1 hour in the pot, plus braaiing time

- 20ml brown sugar
- 200ml coarse salt
- 2ml saltpetre
- 50ml toasted coriander seeds
- 20ml brown vinegar
- 1.5kg lamb rib

Tips

- If the meat has been cut through the breast bone, it's easier to portion before serving; ask your butcher to help you.
- To toast coriander seeds, dry-fry them in a heavy-based pan over mild heat until they release a strong aroma. Then finely grind or crush them using a mortar and pestle; use a tea strainer to separate all the hard bits.
- Score the ribs to allow for faster drying.
- Saltpetre adds a lovely pink colour, but you can leave it out altogether if you prefer.
- You can add finely ground all spice.
- Dried salted ribs are perfect to take along on your next camping trip.



1 Mix the sugar, salt, saltpetre, coriander and vinegar and rub it into the meat. Then put the rib in a glass or enamel dish, cover and place in the fridge for about 2-3 days. Turn the meat in the morning and at night. Score the rib with a sharp knife to ensure that the meat is infused with flavour.



2 Now hang the meat in a cool, airy spot to air-dry. If you're in a hurry, you can place the rib on a cooling rack and let it stand in front of a fan. If you would like to store the rib, it must be completely dry – almost like biltong – but not if you are going to cook it immediately.



3 Rinse the dried rib and place it in a large pot (if it's too big, halve it). Cover with water and bring to the boil. Then reduce the heat to a simmer for about an hour. Remove the rib from the liquid and set aside to cool.



4 Pat the meat dry with kitchen towel and slowly braai the rib over mild heat and slow coals until golden brown and cooked. Cut into portions and serve. 📌



**Oxtail
the traditional way!**

There's little that comes close to this flavourful dish, especially if you allow it to slowly simmer until the meat falls off the bone.

Oxtail stew

Serves: 4

Preparation time: 45 minutes

Oven temperature: 150°C

Cooking time: 3 hours

- 2.2kg oxtail (about 2 tails), trimmed
- salt and freshly ground black pepper
- 30-45ml olive or canola oil
- 1 onion, finely chopped
- 2 carrots, finely chopped
- 1 celery stick, finely chopped
- 3 cloves garlic, finely chopped
- 60ml capers, drained
- 30ml fresh rosemary, chopped
- small handful fresh origanum leaves
- 60ml sundried tomatoes, chopped
- 1-2 red chillies, seeded and chopped
- 250ml red wine
- 500ml beef stock
- 3ml tomato paste
- 1 long strip of orange peel

Tips

- Before frying the meat, roll it in seasoned flour to add some colour and thicken the sauce.
- Remove the meat from the sauce before refrigerating to make it easier to remove the fat.

Most stews taste their best a day or two after they've been made because the flavours have had time to develop.



1 Preheat the oven to 150°C. Lightly season the meat with salt and freshly ground black pepper, then fry in batches in a casserole until browned; add more oil if necessary.



2 Discard the excess fat and sauté the onions, carrots, celery and garlic until soft. Put the meat back into the casserole and add the capers, rosemary, origanum, sundried tomatoes and chillies.



3 Bring the wine and stock to the boil and add to the casserole, along with the tomato paste and orange peel. Place a moistened piece of scrunched up baking paper on top of the meat and cover. Then bake for about 3 hours.



4 Halfway through the cooking time, remove the casserole from the oven, turn the meat then return to the oven. When the meat is cooked through, remove from the oven, allow to cool to room temperature then refrigerate overnight.



5 Scoop the hardened fat from the sauce and discard. Heat the casserole on the stove. If the sauce is very thin, remove the meat and reduce until the sauce is thick and glossy. Return the meat and then simmer until it's warmed through.



6 Now you can add blanched, crunchy veggies such as baby potatoes, baby onions, carrots, turnips or marrows. Remove the orange peel and serve the stew with a side starch such as samp, rice, mashed potatoes, polenta or even bread with a green salad. 🏠

Tantalising laksa

This spicy soup will have you begging for more!



Prawn laksa

Laksa basically means “lots” – there are so many condiments added to this tasty dish! This south-east Asian noodle soup is sold as a meal by thousands of soup vendors, all of whom have their own special recipe. You can, for instance, substitute the seafood in this recipe for chicken – and don’t be put off by the long list of ingredients; the taste sensation will reward your efforts.

Serves: 6 • Preparation time: 30 minutes • Cooking time: 25 minutes



1 THE SPICE PASTE

(This paste lasts for three days in the fridge.)

- 3 long, thick stalks of lemon grass
- 2 red chillies (deseed them if you prefer a milder taste)
- knob of ginger
- 5ml shrimp paste
- 3 shallots, peeled and chopped
- 3 large garlic cloves
- 60ml peanut oil
- handful fresh coriander
- 5ml ground turmeric
- 1 teaspoon sugar
- 60ml tamarind paste

Place all the ingredients in a blender and blend at the highest speed until it forms a smooth paste. Spoon into a glass jar (it will stain plastic) and refrigerate until you’re ready to use it.



2 THE SOUP

- 30ml peanut oil
- 250ml spice paste
- 1 litre vegetable stock
- 60ml nam pla (or other fish sauce)
- handful fresh coriander, roughly chopped
- 200g prawns, shelled
- 300g linefish, cut into bite-size chunks
- 1 tin (400ml) coconut milk
- 1pkt medium-thick rice noodles (or noodles of your choice), cooked



Heat the oil in a wok or large saucepan over medium high heat. Stir in the paste and keep stirring until it is slightly browned (about 2 minutes) – watch that it doesn’t burn. Pour in the stock, fish sauce and herbs and bring to the boil. Then reduce the heat and cook in the fish and prawns until nearly ready. Add the coconut milk and bring to a simmer.

3 To serve Divide the noodles into serving bowls and pour the soup over. Garnish with your choice of accompaniments. ↑

Accompaniments

- crisp bean sprouts
- deep-fried tofu chunks
- diced fresh chillies
- cucumber ribbons
- roasted sesame seeds or peanuts
- fresh coriander or basil leaves
- hard-boiled eggs, halved



What’s that?

Shrimp paste This paste smells somewhat unpleasant but imparts a delicious flavour to food. It’s an important ingredient in south-east Asian cooking and is made using salt and fermented shrimps. Store the bottle in the fridge after you’ve opened it.

Tamarind paste The paste is the pulp around the seed of the tamarind fruit. It’s a traditional ingredient in sour Thai soup, as well as in Worcestershire sauce and HP sauce.

Nam pla/fish sauce

Fish sauce is to Thai food what soya sauce is to Chinese cuisine. It has a distinctive flavour and salty taste. In Thai, Nam pla literally means “fish water”. Real fish sauce is the water, or juices, extracted from the fish flesh during a long pickling or fermentation process.

Rice noodles are noodles made from rice, the principal ingredients being rice flour and water. However, sometimes other ingredients such as tapioca or corn starch are also added to improve the transparency or increase the chewy texture of the noodles.

Tofu, or soya bean curd, is fairly tasteless and soft with a cheesy texture. It is made by curdling fresh warm soya milk and thickening it with a coagulant. Tofu is very healthy and usually takes on the taste of whatever you cook it with.

Good ol' dumplings

No matter where you come from, this is comfort food at its best!

Light, fluffy and tasty – that's the perfect dumpling. Dumplings can be steamed in a thick soup, stew, *potjie* or *bredie* and are part of cultural cuisine around the world, including South Africa. The Chinese have dim sum dumplings, the Germans have *maultaschen* and the Italians have *gnocchi* – all variations of this old favourite. Dumplings can be made with flour, semolina, cornflour, potatoes, soft cheese and even stiffly beaten egg whites, and include ingredients such as salt, butter, yeast, spices, herbs or fruit. They can be made with or without a filling. Some dumplings, like the ones we made, are placed on top of a stew and steamed until ready. Others simmer in stock, and the sweet variety are cooked in syrup or even baked.



Lamb hotpot with dumplings

Serves: 6

Preparation time: 45 minutes

Cooking time: 2½ hours

- 1.5kg lamb neck or shank, cut into equal-sized portions
- salt and black pepper to taste
- 2 large onions, cut in wedges
- 500ml lamb stock
- 4 cloves
- 2 bay leaves
- 8 carrots, thickly sliced
- 1 small cabbage, stem removed and finely shredded
- nutmeg, grated

DUMPLINGS

- 500ml (280g) self-raising flour
- 10ml salt
- 1ml cayenne pepper
- 25ml mustard powder
- 50ml chives, chopped
- 125g butter, soft
- 100ml cold stock or water

1 Fry the lamb in batches until brown. Remove from the pot and set aside. Remove the excess fat from the pot and fry the onion in the pot until soft and translucent. Return the lamb to the pot and season to taste.

2 Add the stock, cloves and bay leaves. Cover and allow to stew for about an hour over moderate heat. Add the carrots and cabbage and season well with the grated nutmeg. Cover and stew for about an hour.

3 Prepare the dumplings

Sieve the flour, salt, cayenne pepper and mustard powder. Add the chives and rub in the butter until it resembles breadcrumbs. Add the stock and mix lightly until a dough is formed.

4 Sprinkle a clean surface with flour and roll out the dough to about 2cm thick, then cut into 12 equal squares.

5 Stir the lamb mixture well – the lamb should be tender. Season with salt and pepper if necessary, and ensure there's enough liquid in the pot to cook for another 30 minutes. Roll the dumplings and arrange them on top of the lamb, cover and let it steam until cooked – about 30 minutes. Don't lift the lid ahead of time to take a peek!



Tips

- If the dumplings are too soft and fall apart, add more flour to the mixture. If they are too heavy, more liquid should be added.
- If you like, you can flake the meat off the bone in step 5 before adding the dumplings.

- Dumplings made with a raising agent such as baking powder should always be steamed with the lid on the pot. If you are unsure of how long it will take to cook the dumplings, you can try steaming one, in step 2, while the meat is cooking. The dumplings in this recipe take about 30 minutes to cook. 🍴

Perfect pork roast

The mouthwatering aroma of golden brown pork roasting in the oven is a sure sign of a cracklin' good meal.

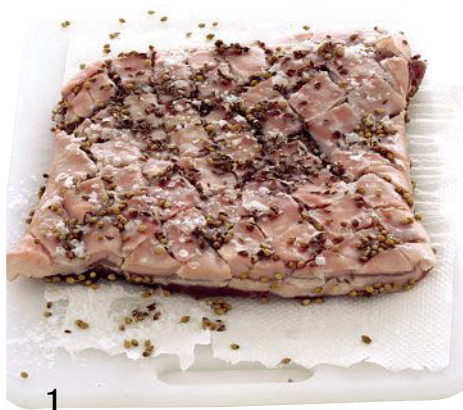


Pork belly with apple sauce

Who can resist succulent pork with a crisp layer of crackling. Pork belly is one of the most tasty cuts of meat and it's ideal for roasting.

Roasting tips

- Make sure you buy a quality cut from a reputable butcher. The crackling will be crisper if you score the fat with 3mm incisions at 10mm intervals. Try to charm your butcher into doing this for you – it's hard work!
- You can also shape a pork belly into a compact roll with a filling and bind it with kitchen string, but remember that the fat layer won't crisp all over.



Serve this favourite with roast potatoes and a simple green salad, or steamed green vegetables such as beans.

Serves: 4-6

Preparation time: 15 minutes
(plus overnight)

Oven temperature: 140°C

Cooking time: 3 hours

- 1kg pork belly
- salt
- 30ml coarsely ground coriander and fennel seeds
- 3 bay leaves
- 4-6 large garlic cloves
- a few sprigs of sage

APPLE SAUCE

- 4-6 apples, depending on size
- 60-125ml castor sugar
- 30-45ml butter
- 15ml fresh lemon juice

1 Preheat the oven. Score the fat layer with a sharp knife (see roasting tips) and rub with salt and spices, especially in the incisions. If possible, refrigerate the uncovered meat overnight after this to ensure a crisp, golden brown layer of crackling. Then place the bay leaves, garlic and sage in a roasting dish in the oven with the pork on a rack on top. Add water to a depth of about 1cm to the roasting dish and roast the meat for 3 hours without covering or basting it.

2 Make the apple sauce Peel, core and quarter the apples, then place them in about 125ml water in a saucepan over medium heat. Cover and simmer until the apples are soft, then break them up slightly and stir in the castor sugar, butter and lemon juice. You can also add a dash of ground cinnamon if you like.

3 After 3 hours, turn the temperature up to 220°C and roast the pork for another 20-30 minutes or until the crackling is crisp. Remove from the oven and allow to stand for 15 minutes before carving.

Remember It's not necessary to score perfect, narrow incisions beforehand – thick strips of crackling are just as delicious. 📌



Tip

The pork juices caramelise while the meat is roasting. Free the flavours trapped in the bottom of the roasting dish by adding a little liquid such as white wine, apple cider vinegar, or even water. Remove the roast from the tray and allow it to rest before carving. Meanwhile, heat the liquid in the roasting dish to boiling point, season if necessary, and serve this gravy with the roast.

Buon appetito!

Although Italian gnocchi is usually made from potatoes, we show you how to make a melt-in-the-mouth butternut version.



Butternut gnocchi

Serves: 4

Oven temperature: 180°C

Preparation time: 1 hour

Cooking time: 10 minutes

- 500g potatoes
- 500g butternut, diced
- 30g butter
- 175g cake flour
- 1 egg yolk, whisked
- salt and black pepper, to taste
- semolina

1 Preheat the oven. Boil the potatoes until half cooked, drain and peel. Dice the potatoes and arrange them on a baking tray with the butternut. Sprinkle olive oil over and grill until done. Mash the potatoes and butternut together until it looks like a purée (the finer the better), then heat with the butter in a saucepan and stir until thick. Set aside to cool.

2 Sieve the flour and add to the butternut and potato mixture, along with the egg yolk. Season with salt and pepper. Mix well until a soft dough is formed.

3 Divide the dough into four pieces and roll each one into a 'sausage' about 1.5cm thick. Cut each of these into 2cm pieces to form the gnocchi. Roll the gnocchi in semolina and press each one gently with a fork to make lines. Cover lightly with clingwrap and refrigerate until you're ready to cook it (see tips below).

4 Heat water in a large saucepan and add salt. Place the gnocchi in the boiling water and cook for about 2-3 minutes or until they rise to the surface. Remove with a slotted spoon and stir a little olive oil through them. Serve with bacon and crushed tomatoes (see box) or your favourite Napolitana sauce.

Enjoy with...

Brown butter and sage leaves

Heat butter in a pan with sage leaves. Remove the pan from the heat once the butter is slightly brown. Stir the melted butter and sage leaves into the gnocchi.

Bacon and crushed tomatoes

Heat a little olive oil in a frying pan and fry 125g bacon until crispy. Remove and set aside. Place 500g baby rosa tomatoes in the frying pan and cook over medium heat until golden brown and the tomatoes burst open. You can gently press the tomatoes with a wooden spoon to make sure they burst. Add a little brown sugar and season with salt and pepper. Place the gnocchi on a platter and spoon the tomatoes over, then sprinkle with crispy bacon bits and Parmesan shavings.



Tips

- You can also make butternut gnocchi without potato: use 1kg butternut and follow the recipe as above. Butternut gnocchi is traditionally served very simply with only brown butter and sage leaves.
- It's better to overcook the butternut and potato rather than undercook it.
- It's important to mash the potato or butternut as fine as possible to ensure it's not lumpy.
- Do not make gnocchi too long before you're planning to serve it as it will become watery. Put it in the fridge for three hours at the most after you've made it.
- Cook the gnocchi in small batches rather than a large quantity at a time.

- Press the gnocchi gently with a fork – it looks interesting and also adds texture for the sauce to cling to. ↑



Oh so delicious **lamb pies**

Served with a salad and chips, they're a complete meal – and they freeze well, too.



Lamb pies

Enjoy now or later – you can freeze the filling and dough separately, or the complete, ready-to-bake pies.

Makes: 24 pies

Preparation time: 2 hours

Oven temperature: 180°C

Baking time: 20-30 minutes

SOUR CREAM PASTRY

- 6 x 250ml cups white bread flour
- 10ml salt
- 500g butter
- 500ml sour cream

FILLING

- 3kg lamb shanks, cut into 3.5cm pieces
- 1 litre chicken stock
- 1 whole onion, studded with 10 cloves

- 1 bay leaf
- 5 peppercorns
- 3-4 medium potatoes, peeled and diced
- 5ml coriander
- 2 cloves garlic, crushed
- 10ml mustard powder
- 2.5ml chilli powder
- 10ml sugar
- 60ml grape vinegar
- 10ml salt
- black pepper to taste

1 Prepare the sour cream pastry

Sift the flour and salt together, then rub in all the butter with your fingertips. Add all the sour cream and cut it through with a knife until well mixed. Knead the pastry lightly by hand until a smooth dough forms, but don't add any water. Wrap the ball in clingwrap and rest in the fridge for at least 30 minutes, or overnight.

2 Roll out the pastry on a floured surface and fold it into thirds. Turn the pastry so that the opening faces towards

you and roll it out and fold it into thirds again. Repeat the process once more and then allow the pastry to rest for 30 minutes. Then repeat the roll-and-fold process twice more.

3 The filling Place the meat in a large saucepan, add the stock, onion, bay leaf and peppercorns, and bring to the boil. Simmer for two hours, or until the meat falls off the bone; add the potatoes for the last half hour. Remove the meat, potatoes, onion, bay leaf and peppercorns with a slotted spoon. Flake the meat, removing all the bones, fat and sinew.

4 Cool the stock and scoop off the fat. Then reheat the stock, add the remaining ingredients and simmer for a few minutes. If the liquid is too watery, thicken it with a little cornstarch paste (cornflour mixed with cold water). Add the meat and potatoes, and

stir through. Taste, season if necessary, and allow to cool.

5 Grease two muffin pans, then roll out the pastry on a floured surface. Use a glass or cup to cut out dough circles big enough to fit the hollows of the muffin pans; cut out two circles per hollow – one for the base and another for the lid. Fill each pastry base with the meat mixture and top with a pastry lid. Pinch the edges closed and make a cut across the top to allow steam to escape. Decorate the pies with the leftover pastry. Brush with beaten egg yolk and bake in a preheated oven for 20-30 minutes or until cooked and golden brown. Serve warm or at room temperature. 📌



1



2



3



4



5

Tips

- For successful pastry, it's essential that the working surface, equipment and ingredients be as cold as possible.
- The pastry has to rest after mixing, or it will shrink during baking. Cover it in clingwrap and refrigerate for at least 30 minutes after it's been rolled and before baking.

- Raw pastry can be refrigerated for three days and frozen for 3-4 months. Defrost it completely before rolling it out, otherwise the pastry will crack.
- Use each alternate hollow of the muffin pan to avoid the pies sticking together as they cook.

Rich 'n creamy

Grab a saucepan and learn
the art of making risotto.



Risotto alla Milanese

Usually flavoured with saffron, this risotto is the ideal accompaniment to a dish such as osso buco (marrow-rich veal shanks cooked in meat broth). We have taken it a step further and added marrow as well.

Serves: 6

Preparation time: 20 minutes

Cooking time: 20 minutes

- 4 marrow bones
- 15ml olive oil
- 1 onion, chopped
- 300g Arborio rice
- 80ml dry white wine
- 1 litre hot homemade chicken stock
- 5ml saffron threads, soaked in a little stock
- 75g butter, cubed
- 180g Parmesan cheese, grated

1 Place the marrow bones in a small saucepan with a little water and simmer until the bones are cooked and the marrow is soft. Spoon the marrow from the bones.

2 Heat the olive oil and the marrow in a medium saucepan and sauté the onion in this until soft and glossy. Add the rice and stir through until completely covered with the oil.

3 Stir in the wine.

4 Add two soup ladles of the stock and stir until all the liquid has been absorbed by the rice.

5 Stir in the saffron and the stock it's soaked in.

6 Now stir in the remaining stock, ladle by ladle, until it has all been added and the rice is creamy and *al dente*. Finally, stir in the butter and cheese, and serve immediately.

Risotto is a classic Italian rice dish flavoured with stock – most meat, fish and vegetable stock is suitable – and cheese.

Choose your main ingredients with care. It's essential to use Arborio short-grain rice – and as for the stock, nothing beats the homemade kind (if that's too much trouble, use the instant option).

The ingredients used with the rice provide the flavour, and the art is to allow the flavours to develop slowly and subtly as the rice cooks. In this way, you're assured of a full-bodied final triumph.

Delicate vegetables such as asparagus and pumpkin are tricky,

as they spoil the appearance of the dish. As for other ingredients such as mushrooms, celery or spinach, it's advisable to add them at the start or halfway through cooking.

Risotto has to be stirred regularly, but you don't have to hover with a spoon either; stir the dish now and then, as the stock is added, and make sure that the rice doesn't stick to the bottom of the saucepan.

A good risotto should be creamy, so it's best to remove the saucepan from the stove a few moments before it's completely cooked; the residual heat will see to the final bit of cooking.

The dish is ready when the grains of rice are still slightly firm. 🏠



Out for a duck!

*Whole duck
with litchi
sauce*



Famed for its rich flavour and succulence, duck can be prepared in a number of ways; we show you two...

Whole duck with litchi sauce

Serve this dish with steamed bok choy, tatsui and basmati rice flavoured with coconut milk.

Serves: 4
Preparation time: 1 hour, including drying time
Oven temperature: 160°C
Cooking time: 3 hours

- 1 litre homemade chicken stock
- 250ml soya sauce
- 250ml brown sugar
- 1 knob fresh ginger, peeled and sliced
- 2 whole garlic cloves, peeled
- 1 cinnamon stick
- 2 star anise pods
- 1 whole duck

LITCHI SAUCE

- 125ml palm sugar
- 125ml water
- 2 red chillies, sliced
- 250ml fresh litchis, pitted and sliced
- 60ml Thai fish sauce
- juice of 2 limes

1 Heat the chicken stock in a pot large enough to hold the duck. Add the soya sauce, brown sugar, ginger, garlic, cinnamon and star anise, and bring to the boil. Then add the duck and simmer uncovered for about an hour. Remove the duck from the stock, pat dry and refrigerate overnight, uncovered, for the best results.

2 Preheat the oven. Place the duck on a rack in a roasting pan and roast uncovered for about 2 hours. Remove from the oven and allow to stand before carving.

3 Litchi sauce Heat the palm sugar and water to boiling point, then simmer until the mixture starts to caramelise before stirring in the chillies, litchis, fish sauce and lime juice. Serve with the duck.

Peking duck in Mandarin pancakes

The most distinctive characteristic of Peking duck is the crisp, roasted skin. Here, the meat is wrapped in tasty Mandarin pancakes with sweet soya sauce.

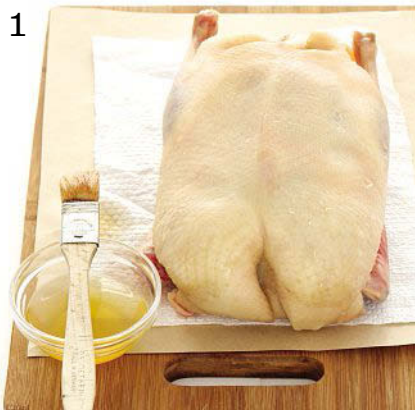
Serves: 6 • Preparation time: 1 hour, plus drying time
• Oven temperature: 230°C • Cooking time: 2½ hours

- 1 duck (about 2.5kg)
- 15ml honey
- 15ml cornflour
- 10ml white wine vinegar
- 15ml sherry

PANCAKE FILLING

- 60ml kecap manis (sweet Indonesian soya sauce)
- 100g mixed sweet basil, mint, coriander and baby salad leaves
- 2 red radishes, thinly sliced
- 1 small red onion, finely chopped
- 50g mixed sprouts
- ½ cucumber, coarsely grated

1



2



3



4



1 Bring 4 litres of water to the boil in a large saucepan and immerse the duck for about 5 minutes to make sure it's well blanched. Pat dry with a kitchen towel. Mix the honey, cornflour, vinegar and sherry, then thoroughly coat the duck with the mixture, and hang in a well-ventilated area for 6 hours or put it in the fridge, uncovered, for at least 6 hours.

2 Preheat the oven to 230°C. Place the duck on a rack in a roasting pan with the breast facing up, and roast for 10 minutes. Turn the duck and roast for another 10 minutes. Then reduce the temperature to 180°C and roast with the breast facing upwards for 1½ hours, until the bird is cooked and the skin is a rich,

mahogany colour. Turn the duck once during the cooking process. Remove from the oven and allow to rest.

3 Make the Mandarin pancakes Sift 120g cake flour and 5ml salt together. Make a hollow in the centre of the mixture and fill with two beaten eggs and 125ml milk. Beat together until smooth and mixed through, then add 50ml chopped spring onions. Heat a little oil in a frying pan and pour in a little of the pancake mixture. Fry on each side for about 1 minute.

4 To serve Slice or flake the duck into small pieces. Spread a little sweet Indonesian soya sauce on each pancake, top with the duck meat and other filling ingredients, and roll up. 🍴

A German *tradition*

Smoked, pickled, boiled
or grilled, eisbein is fit
for a king!





Eisbein

Serves: 4

Preparation time: 20 minutes

Cooking time: 3½ hours

Oven temperature: 220°C

- 2 pickled and smoked pork shanks
- 4 bay leaves
- 1 onion, quartered
- 2 carrots, sliced
- 1 bouquet garni (thyme, parsley, bay leaves)
- 4 whole cloves

GLAZE

- 60ml honey
- 60g butter
- 5ml mustard

1 Place the shanks in a large casserole. Add the bay leaves, onion, carrots, bouquet garni and cloves, and cover with water. Bring to the boil, cover with the lid and allow it to simmer until the meat is tender – about 2½-3 hours, depending on the size of the shanks. Allow the shanks to rest in the liquid while cooling down and then remove. Preheat the oven.

2 Make incisions in the rind to ensure it doesn't shrink. Place the shanks on a rack over an oven tray.

3 Make the glaze Heat the honey, butter and mustard until the butter is melted. Brush this over the shanks and roast them in the oven until the fat is golden brown and crispy. Serve with potatoes and sauerkraut. 🏠

Did you know?

Eisbein is a pickled and smoked pork shank traditionally served with sour cabbage (sauerkraut) and whole cooked potatoes to bring out its unique flavour. The layer of rind around the shank is kept intact.

What is sauerkraut?

Sauerkraut is sliced cabbage that's been fermented with salt and flavoured with juniper berries. The fermentation process dates back to a time when cabbage had to be preserved during northern Europe's long, cold winters. Sauerkraut, now readily available in tins or bottles in supermarkets, works well with smoked meats or sausages and with mashed or boiled potatoes.



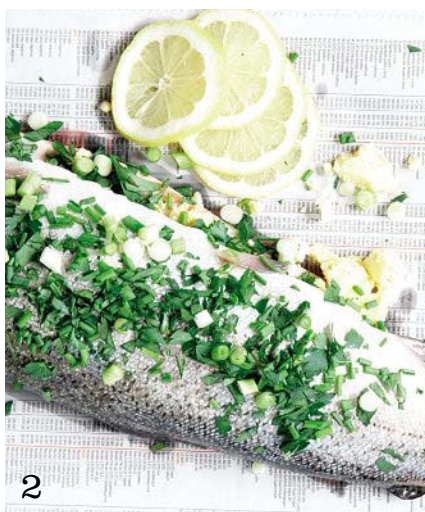
What a catch!

Correctly prepared, fresh trout is one of the tastiest fish.

Tips

- The fish can also be baked in a preheated oven at 200°C. Place it on the top rack for 35 minutes, or until the newspaper starts to brown.
- The advantage of cooking the fish in this rather unusual manner is that the aroma and moisture of the flesh are retained.





Whole trout braaied in newspaper

Trout is a delicate, slightly oily fish with a fine texture that flakes easily, and it's rightly considered one of the most delicious fish. Caught in mountain streams and rivers and on trout farms, it can be grilled, baked, pan-fried or poached, but should never be overcooked – the flesh must be moist, firm and easy to flake. It's at its best cooked as soon as possible after being caught.

Fresh trout has an unbelievable aroma and taste. This recipe is ideal for those privileged enough to catch their own. Braai the fish on a camp fire right then and there.

Serves: 4

Preparation time: 20 minutes

Cooking time: 35 minutes (depending on the size of the fish)

- 1 whole rainbow trout (about 1.2-1.5kg)
- olive oil
- salt and freshly ground black pepper to taste
- 250ml fresh mixed herbs such as fennel, parsley, chives and sweet basil, chopped
- 2 lemons, thinly sliced
- 1 bunch spring onions, chopped
- 30ml fennel seeds, crushed
- 60ml butter, cubed



1 Scale the fish but don't remove the head, tail or skin. Scrape out all the innards, rinse well and pat dry with paper towels.

2 & 3 Place the trout in the centre of two large sheets of baking paper. Rub the trout with olive oil, inside and out, season with salt and pepper and then fill the stomach cavity with half the chopped herbs. Fold the fish closed and place the lemon slices on top, followed by the spring onions, fennel seeds and remaining herbs. Then dot the fish with butter and wrap it in the baking paper. Soak newspaper thoroughly under a tap and then wrap the fish in three layers of it. The newspaper must be completely wet or it will catch alight over the fire. Bind the parcel with twine to hold it together.

4 & 5 Make a bed of moderate coals, place the parcel on top and completely cover it with another layer of coals. Keep a separate fire going to add more coals if necessary. The trout will take about 35 minutes to cook, depending on the heat of the coals and the size of the fish. The fish is done once the newspaper starts to brown. Cut the twine, open the newspaper and serve immediately.



Tips for serving trout

- Mix smooth cottage cheese with chopped Italian parsley and chives, then season with lemon juice, salt and pepper. Spoon or spread onto rösti or savoury biscuits and top with chunks of leftover trout.
- Trout is delicious with steamed asparagus. Chop the asparagus into small pieces and stir into linguine with thick cream, leftover trout and a little lemon juice.

- Leftover trout makes a delicious quiche.
- Make a mouthwatering trout salad: boil baby potatoes until soft and allow to cool. Then slice the potatoes in half and mix with flaked trout, cooked and halved quail eggs, cucumber ribbons, avocado slices and a handful of watercress. Your favourite salad dressing with olive oil and lemon is the only finishing touch this salad needs. 🏠



Did you know?

- A fish with milky or red eyes is past its prime. The gills should be deep-red and not brown.
- The flesh of a fresh fish is firm. If your finger sinks into the flesh, the fish is no longer fresh.



Satisfy your *sweet tooth*

*Desserts, cakes,
toffee apples and
so much more...*

Ooh la la!

If you've always thought making petit fours was tricky, this simple recipe will soon change your mind.



Petit fours

Serve these delicate square cakes at christenings, tea parties and the like.

Makes: about 24

Preparation time: 1 hour

- 1 square vanilla cake (see recipe far right)

ICING

- 125g butter
- 260g (500ml) icing sugar, sifted
- 5ml vanilla essence
- milk

TOPPING

- 125ml smooth apricot jam
- marzipan

GLAZE

- 500g icing sugar, sifted
- water
- food colouring



1 Trim the edges of the cake and neatly cut it into equal squares.



2 Prepare the icing Beat the butter and sugar until light and creamy. Add the vanilla essence and just enough milk for a spreading consistency.

Cut each square into three horizontal layers and spread icing over two. Stack them on top of each other, leaving the top layer clear.



3 Heat the apricot jam and spread it over the top of each square. Next, thinly roll out the marzipan on a clean surface sprinkled with a mixture of cornflour and icing sugar to prevent it from sticking. Cut the marzipan into equal squares and top each cake square with marzipan.



4 Prepare the glaze Sift the icing sugar into a mixing bowl and add just enough water to create a runny mixture. Colour the glaze with food colouring. Place one marzipan-topped cake on a fork and drizzle the glaze over it with a serving spoon until it's completely covered.

Tip Divide the glaze into three portions and colour each differently, ideally sticking to pastel colours.



5 Tap the fork holding the glazed cake against the side of the bowl to get rid of surplus glaze. Carefully use a knife to transfer each cake to a cooling rack over a chopping board or tray, then garnish each with small, hard icing flowers.

Tips

- We bought the flowers at a gift shop, but you'll find similar at supermarkets.
- Petit fours can be stored in an airtight container for up to a week.



What is marzipan?

Marzipan is a thick, white paste made from finely ground almonds, sugar and egg whites. It has a clay-like texture and is rolled out before use to decorate wedding and Christmas cakes in particular. You can make your own, or buy it readymade.

Vanilla cake

Makes: 1 cake layer

Preparation time: 20 minutes

Baking time: 30-35 minutes

Oven temperature: 180°C

- 125g butter, room temperature
- 175g (200ml) castor sugar
- 2 extra-large eggs
- 5ml vanilla essence
- 240g (500ml) cake flour
- 1ml salt
- 10ml baking powder
- 125ml milk

Preheat the oven. Beat the butter and sugar until soft and creamy and the sugar is completely dissolved. Then beat the eggs and vanilla into the mixture. Sift the flour, salt and baking powder, and beat into the creamed mixture, alternating with the milk. Spoon the mixture into a greased, lined, square cake tin and bake for about 30-35 minutes, until golden brown and cooked through. Cool to room temperature on a wire rack. 📌

Melt in your mouth **marshmallows**

Show that special someone you love them
with these heart-shaped tokens of affection.



Marshmallows

It's important to beat the mixture until it's very thick; this will ensure that the marshmallows set properly. Also, be sure to read the tip box alongside before you begin.

Makes: 30 (depending on the size of the heart-shaped cutter)

Preparation time: 10 minutes

Cooking time: 20-25 minutes

- 600ml (500g) castor sugar
- 15ml liquid glucose
- 380ml water
- 30ml gelatine
- 2 egg whites
- 5ml rosewater
- a few drops of red food colouring (optional)
- 125ml (80g) icing sugar
- 125ml (70g) cornflour

1 Add the castor sugar, glucose and 190ml of the water to a heavy-based saucepan. Add the remaining 190ml water to the gelatine in a small heat-proof dish and leave it to stand for approximately 10 minutes. Place the dish containing the gelatine in a small saucepan containing boiling water and stir the gelatine until runny.

2 Stir the sugar mixture over a low heat until completely dissolved, then bring the syrup to the boil and boil it, without stirring, until it reaches hardball stage (120°C on a sugar thermometer). Add the dissolved gelatine to the syrup but be careful as it will sizzle and spit.

3 Use an electric beater to beat the egg whites until stiff. Slowly add the syrup to the egg whites, beating continuously.

4 Add the rosewater and colouring and beat until the mixture is thick and retains its shape. Combine the icing sugar and cornflour and sprinkle into a 20 x 30 x 3cm dish. Pour the marshmallow mixture into the dish, smooth the top and leave to stand for 2 hours. Set the remaining icing sugar mixture aside.

5 Sprinkle the remaining icing sugar mixture onto a work surface and turn out the set marshmallow mixture. Cut out shapes or blocks and roll them in the icing sugar mixture. Allow to dry for an hour before serving. The marshmallows will last for up to a week in an airtight container. 🏠



Tips

- Always use a heavy-based saucepan for sugar syrup; it will ensure even heat distribution and withstand high temperatures.
- Be careful when handling the hot syrup as it can cause serious burns.

With a pinch of salt

When it comes to fudge, homemade is the most delicious – and this new twist on an old favourite offers pure pleasure for your palate.



1



Salted fudge

A pinch of salt is just what's needed to complement the sweet aftertaste of this treat.

Makes: about 20-25 squares (depending on their size)

Preparation time: 20-25 minutes

- 1 tin (397g) condensed milk
- 400g (500ml) sugar
- 200g butter
- 40ml golden syrup
- 1ml cream of tartar
- 5ml vanilla essence
- 1-2ml Maldon salt

good indicator of whether it's ready: a beautiful caramel is perfect.

3 Remove the saucepan from the heat and leave the fudge to rest for a few minutes until slightly cooled. Stir in the salt and pour the mixture into a greased pan (180 x 200mm) so it's about 15mm thick. Once the fudge has set, cut it into squares and wrap each block in wax paper. Leave it for about a week in an airtight container so optimum texture can be obtained.

Tips Fudge should be soft. The longer you cook it, the harder it gets – so ensure that you don't overcook it.

- Sprinkle the Maldon salt over the top instead of adding it into the mixture – it looks great and tastes just as good.

2



1 Mix all the ingredients except the salt and heat until the sugar has melted, while stirring constantly.

2 Cook over low heat until the fudge reaches the hardball stage, stirring constantly to prevent burning. Test for hardball stage by dripping a bit of the fudge into a glass or bowl of ice water. If the fudge forms a stiff ball when you remove it from the water, it's ready. The colour is also a

Did you know?

Homemade sweets are divided into two groups:

- **Crystallised** sweets include fondant, fudge and all kinds of sweets with a specific crystalline texture – however, the crystals are so fine that they're not detected on the tongue and thus have a velvety texture.
- **Non-crystallised** sweets contain no crystals and include caramel sweets, marshmallows, toffee and nougat.

3



Important

- To ensure a velvety texture, all the sugar must be dissolved in the liquid before the mixture starts to boil – even a few grains of undissolved sugar could spoil the whole mixture.
- Usually, you shouldn't stir a boiling sugar mixture but since this one contains a high percentage of butter, it must be stirred constantly to prevent burning.
- Slant the saucepan so you can pour the hot mixture easily. Do not shake the saucepan or scrape out the mixture because it can cause the fudge to crystallise.
- If you intend to cook with sugar regularly, it's highly recommended that you invest in a sugar thermometer. 🏠

Heavenly bites

Choux puffs, chocolate eclairs, profiteroles... call them what you will, they're a guaranteed winner – and once you've mastered the method, choose from an array of serving possibilities.



Choux puffs

Makes: 20-25 medium puffs

Preparation time: 20 minutes

Oven temperature: 200°C

Baking time: 25 minutes, plus drying time

- 75g (75ml) butter, cubed
- 175ml water
- 2ml salt
- 110g (200ml) cake flour, sifted
- 3 eggs

1 Preheat the oven. Melt the butter in a saucepan and add the water and salt. Bring the mixture to just at boiling point and immediately remove from the heat. Pour in all the sifted flour and beat vigorously with a wooden spoon.

2 Beat the mixture until smooth. Return the saucepan to the heat and continue beating over very low heat for another half-minute until the dough pulls away from the sides of the pan.

Remove from the heat again and leave to cool down slightly.

3 Beat in the eggs one by one, beating well after each addition. Enough egg has been added to the mixture once the dough is shiny and soft enough to fall from a spoon.

4 Drop teaspoonfuls of the dough on a greased baking sheet or use a piping bag to pipe the puffs. Bake for 15 minutes then reduce the heat to 180°C and bake for a further 10-15 minutes. Use a sharp knife to make a small incision in the side of each puff. This will allow the steam to escape and ensure that the puff doesn't go soggy. Return to the oven for a few minutes to dry out.

5 Cut open the puffs or use the handle of a wooden spoon to press a small hole in the underside of each. Pipe whipped cream into each puff and dip in melted chocolate or caramel. Serve immediately. 🏠



Tip For a silky soft chocolate topping, melt 150g dark chocolate with 50ml cream and 5ml vanilla essence. Beat over low heat until thick and shiny. Do not allow to boil.



Tips

The puffs can also be filled with chocolate mousse or ice cream; serve with hot chocolate sauce. Or try custard as a filling flavoured with coffee or caramel for something different. For savoury puffs, try flavoured white sauce and melt cheese on top, or use salmon cream cheese and a sprinkling of chopped chives.

Whipped into shape



KITCHEN

ALL LINEN

Don't be nervous about making your own meringues – just follow our simple steps and easy tips.

Meringues

Makes: about 25 meringues

Preparation time: 30 minutes

Oven temperature: 100°C

Baking time: 2 hours

- 5 egg whites
- pinch of salt
- 2ml cream of tartar
- 315g (375ml) castor sugar
- 2.5ml vanilla essence

Variations

- Add chopped nuts or coconut to the meringue mixture before shaping or fold in melted dark chocolate for a marble effect. Fresh strawberry pieces and splinters of Peppermint Crisp chocolate are also delicious.
- Join two meringues together using whipped cream.
- Dip the bottom of the meringues in melted dark chocolate and thereafter in chopped pecan nuts. Set them aside on a wire rack until the chocolate hardens then store in an airtight container.

Before you begin

- Meringues are made from beaten egg whites and castor sugar; cream of tartar and salt is added to stabilise the meringue.
- Always use a clean mixing bowl and make sure there are no egg yolks present, or the egg whites won't stiffen when beaten.
- Use egg whites at room temperature.
- Sugar ensures a fine, stable foam, and must only be added at the soft peak stage. It's important to add and beat the first amount of castor sugar according to the required measurement as this will stabilise the egg white foam.
- Soft peak stage is when the egg whites form rounded points when the beater is lifted from the bowl.



1 Line two baking trays with baking paper and set aside. Preheat the oven to 100°C. Beat the egg whites, salt and cream of tartar with an electric beater until soft peaks form. Add the castor sugar gradually, about 25-50ml at a time, beating continuously to dissolve the sugar until only 50ml sugar remains. The mixture should be glossy and form stiff peaks.

2 Fold the remaining 50ml castor sugar, together with the vanilla essence, into the meringue mixture.

Tip It's important to use the meringue as soon as possible after it has been beaten as it will become watery and less elastic if it stands for too long.

3 Shape the meringues neatly with two spoons or use a piping bag. Bake for an hour then reduce the oven temperature to 50°C and bake for another hour. Switch off the oven and leave the meringues in the warm oven for about 2 hours.

Tips

- If the oven is too warm, the meringues will discolour and have a sticky centre; if they are not properly dried out, they will shrink and be soft inside.
- Meringues are baked at a low heat (or rather, dried) and should only discolour slightly to a light, creamy shade. The ideal texture is crispy but soft enough to break when you press a fork against it. 🏠



No one doubts that meringues are essential delights. On their own they're delicious enough, but with Chantilly cream they're completely irresistible. – Food writer Peter Veldsman



Topsy turvy toffee treat!

This one is an old favourite with the kids – and with a little twist, it'll have adults coming back for more, too!

Toffee apples

Makes: 10-12

Preparation time: 30-45 minutes

- 10-12 small red apples
- 10-12 sturdy skewers
- 500ml water
- 125ml sugar
- 75ml golden syrup
- 10ml vinegar
- 30ml butter
- red food colouring

1 Insert the skewers into the apples – cut the skewers shorter if they're too long. Heat the water, sugar, golden syrup, vinegar and butter on a low heat and stir until the sugar dissolves. Make sure to wash the sugar down the sides of the pot with a wet brush.

2 Once the sugar has dissolved, bring the mixture to the boil and then allow it to simmer over a mild heat until the syrup reaches the hardball stage (154-160°C on a sugar thermometer). Now add the food colouring; you will need quite a bit to get the deep red colour. Swirl the pot around to mix the colouring and syrup mixture.

3 Now place the pot inside a bigger pot with boiling water to keep the syrup warm so you have enough time to dip the apples into it before it hardens. Dip the apples into the syrup one at a time and swirl them around to make sure they're properly coated. Then place them on a greased baking tray and allow to cool and harden. 🏠



Tips

- Toffee apples become gooey within 24 hours as they absorb the moisture in the air. So as soon as the syrup is hard, cover the apples in clingwrap or cellophane and store in a cool, dry place.

- **To test for hardball stage** Spoon some of the syrup into a glass of ice-cold water. If the mixture is rock hard with crisp threads, it's reached the hardball stage.

Or use a sugar thermometer As soon as the syrup begins to boil, place the thermometer in the pot. Cook the syrup without stirring until the thermometer indicates the desired temperature. Remember that the syrup temperature will rise quickly in the last few moments.

- Sugar syrup crystallises when the sugar has not properly dissolved before it started cooking. Add lemon juice, vinegar, golden syrup or glucose to prevent this.



3





Try this...

Drain a tin of baby apples and allow them to dry on paper towels. Prepare the syrup without food colouring. Hold the baby apples at their stems and dip them into the syrup. Let them stand to harden, then serve with your favourite cheese and biscuits.



Say it with chocolate

The only thing better than a slab of chocolate is the
decadence of a tempting truffle.





Chocolate truffles

Makes: about 50 truffles

Preparation time: 1 hour

- 500ml thick cream
- 500ml good quality dark chocolate (should contain about 70% cocoa)
- 30ml brandy
- 30ml good quality instant coffee
- 50g roasted and chopped nuts
- 60ml finely grated chocolate or cacao

1 Heat the cream slowly in a small saucepan until very hot (just before boiling point). In the meantime, finely chop the chocolate.

2 Remove the cream from the heat and stir the chocolate into the cream until it melts.

3 Divide the chocolate mixture evenly into two mixing bowls. Add the brandy to one half and the coffee to the other. Place these bowls in the fridge until the mixtures are firm.

4 Prepare a baking tray with greaseproof paper. Using two teaspoons, spoon equal-sized portions of the chocolate mixture from the two bowls onto the greaseproof paper (they don't have to be perfectly round). Then return the baking tray to the fridge until the truffles are hard.

5 Roll the brandy-flavoured truffles in the chopped nuts and the coffee-flavoured truffles in the chocolate or cacao.



How to melt chocolate

- Break the chocolate up into a heat-resistant glass bowl and place the bowl over a saucepan of simmering water, ensuring that the water in the saucepan does not touch the bowl. Stir until all the chocolate has melted then remove the bowl from the heat and set aside.
- Melt chocolate slowly to avoid overheating, which will spoil the flavour and texture. Dark chocolate must never be heated at a temperature higher than 49°C while white and milk chocolate should never be heated higher than 43°C – the latter two overheat a lot quicker so work carefully with them.

- Don't let steam or water come into contact with melted chocolate, as it will seize and become crumbly.
- When melting chocolate in the microwave, be extra careful with it as it can overheat very easily. Break all the chocolate up into equal-sized chunks so that it can melt evenly.
- For a ganache like the one these truffles are made of, it's best to first heat the cream and then melt the chocolate with the cream.
- Don't cover the chocolate after it's melted and is still hot as condensation will result in it seizing again. ⬆

Sweet *sister!*

Nothing
satisfies a
craving quite
like a syrupy
koeksister; we show
you how to make
your own...



Cs E

Koeksisters

Makes: 5-6 dozen

Preparation time: 1 hour

Cooking time: 1 hour

SYRUP

- 1kg sugar
- 500ml water
- 4 cardamom seeds
- 2 star anise
- 2 cinnamon sticks
- 2.5ml cream of tartar
- 30ml rosewater

DOUGH

- 480g (4x250ml) cake flour
- 30ml baking powder
- 2.5ml salt
- 60ml butter
- 1 egg
- 375ml buttermilk or cold water
- 2 litres oil to deep-fry

What is rosewater?

A by-product from the process of making rose oil, rosewater is the liquid that remains after the petals and water have been distilled. Mostly used in Middle Eastern cuisine, it adds a delicate flavour to dishes.

Tip

The syrup must be as cold as possible or the koeksister will be soggy. It's a good idea to have two portions of syrup: keep one in the freezer (the sugar content stops the syrup from freezing) while you use the other batch. As soon as the batch you're working with is hot, swap them around. You can also place the syrup on a bowl of ice while working.

Oil that's too hot will burn the koeksisters on the outside, leaving the centre raw. On the other hand, if the oil is too cold, the koeksisters will taste oily.



1 Prepare the syrup Heat the sugar and water over low heat and stir until all the sugar has dissolved. Add the rest of the ingredients, except the rosewater, and bring to the boil. Boil the syrup for about 5 minutes, remove from the heat and stir in the rosewater. Set the syrup aside to cool, then refrigerate until cold – preferably overnight.



4 Roll the dough out to about 5mm thick and cut into 8 x 4cm rectangular pieces. Cut each rectangle into lengths to form 3 fingers, without cutting through the top. Plait the 3 strips and press the bottom together to bind. Cover the koeksisters with a damp cloth so they do not dry out.



2 Prepare the dough Sift the flour, baking powder and salt. Using your fingertips, rub the butter into the other dry ingredients until the mixture resembles fine breadcrumbs. Beat the egg and buttermilk or cold water and cut it through the flour mixture with a knife until it is mixed through and a soft dough has formed.



5 Heat the oil in a large pot at about 185°C. Fry 3-5 koeksisters at a time in the hot oil until golden brown and cooked through. Lift them from the oil using a slotted spoon, then immediately dunk them into the ice-cold syrup. It's important for the syrup to stay cold and that the koeksisters are submerged so they absorb as much of the syrup as possible. Lift them from the syrup and drain on a cooling rack over a tray. Let the excess syrup drip off and allow the koeksisters to dry slightly before refrigerating or freezing.



3 Knead the dough for about 5 minutes until soft and elastic. Place in a bowl that has been dusted with flour, cover and refrigerate for at least a half hour but preferably 2 hours.

Also try...

- Instead of rosewater-flavoured syrup, try a lemon and ginger-flavoured syrup; simply replace the rosewater with two pieces of peeled, crushed ginger and the zest and juice of one lemon.
- Koeksisters freeze well and can be stored for long periods of time. Freeze them in an airtight container. They defrost quickly and you can serve them within half an hour of defrosting. 🏠

As light as a feather

Baking scones can be as easy as cooking an egg – as long as you have the mixing technique firmly under control.

Scones

The secret to these scones is the milk and water mixture. Serve them fresh from the oven with your breakfast or for afternoon tea with butter, strawberry jam and cream.

Makes: twelve 4cm scones

Preparation time: 15 minutes

Cooking time: 15-20 minutes

Oven temperature: 200°C

- 375g (625ml) self-raising flour
- 15ml castor sugar
- pinch of salt
- 100g butter
- 150ml milk
- 50ml water

1 Preheat the oven and read the tips listed below before you start. Sift the self-raising flour, sugar and salt into a large mixing bowl.

2 Use your fingertips to rub the butter into the dry ingredients until the mixture looks like fine

breadcrumbs. Hold your hands high above the dish while doing this so that you incorporate air into the mixture.

3 Make a well in the centre of the mixture. Add the milk and water. Use a knife to 'cut in' the milk and add water to create a soft, slightly sticky dough.

4 Turn the dough out onto a flour-dusted work surface and knead it quickly and lightly until just smooth – be careful not to over-mix it. Press the dough out until it is about 2cm thick. Dust a 4cm cookie cutter with flour and then cut as many scones as possible out of the dough. Lightly knead the remaining pieces of dough together and repeat the process. Place the scones on a baking tray lined with baking paper and brush them with a little milk. Bake for 15-20 minutes until golden brown and done. Leave to cool on a wire rack before serving. 🏠



Important tips

- Use as little extra flour as possible when lightly kneading the dough as it makes the scones heavy. This is also why you should not over-mix the dough.
- Scones can also be baked in a square 19cm tin. The scones should touch each other slightly. This will support them so that they rise and brown evenly. These scones, particularly those in the middle, will take slightly longer to bake.
- Replace the milk with buttermilk for a richer result.
- Add grated citrus zest or ground cinnamon for variation.



Let them **eat cake!**

Spoil loved ones with this delicious red velvet tower,
but be warned: it can be addictive!



Red velvet cake

This delicious indulgence will make any occasion special.

Makes: one 22cm three-layer cake

Preparation time: 30 minutes

Oven temperature: 180°C

Baking time: 30 minutes

- 450g (3¾ cups) cake flour
- 45ml cocoa
- 15ml baking powder
- 5ml salt
- 510ml oil
- 45ml red food colouring
- 5ml vanilla essence
- 750ml castor sugar
- 3 eggs
- 375ml buttermilk
- 7.5ml bicarbonate of soda
- 45ml apple cider vinegar

CREAM CHEESE ICING

- 500g butter at room temperature
- 1kg icing sugar, sifted
- 1 x 250g cream cheese
- fresh raspberries



1 Grease three 22cm springform cake tins and line each with greased baking paper. Preheat the oven.



2 Sift together the flour, cocoa, baking powder and salt. Beat the oil, food colouring, vanilla essence and castor sugar then add the eggs, one by one.



3 Add the buttermilk and mix to a smooth batter. Then mix the bicarbonate of soda and vinegar and add that to the mixture. Divide it between the three tins and bake for 30 minutes, or until a testing pin comes out clean. Allow the cakes to cool in the tins for 10 minutes, then turn out onto wire racks to cool completely.



4 Prepare the icing Beat the butter and icing sugar until light and fluffy then add the cream cheese and mix well. Spread generously on each cake layer (or use a piping bag), stack and press down gently, then cover the entire cake with the remaining icing. Finally, sprinkle raspberries and sift a little castor sugar over. 🏠

Did you know?

- Red velvet cake's intense colour was originally obtained by adding grated beetroot to the batter. These days, red food colouring is used – it's available in both liquid and powdered form.
- Originally from South America, red velvet cake soon took the world by storm: New York's Waldorf Astoria was baking and serving it in the 1920s – it was one of the most popular cakes at the time.
- The wedding cake in the 1989 hit film *Steel Magnolias* was a red velvet cake.

Awkward to slice and serve, but oh so divine!


It's a classic!

End a special meal on a high note with fabulous
crème caramel.



5 Heat the milk, cream and vanilla seeds until just below boiling point. Slowly add the milk mixture to the beaten eggs, beating continuously. Pour the custard through a sieve into a large measuring jug. Scoop off any foam that forms.

6 Fill the ramekins with the custard and then arrange them in a roasting tin. Fill the roasting tin with hot water until halfway up the sides of the ramekins. Bake for 20-25 minutes in the preheated oven until the custard is just set – the baking time will be determined by the size of the ramekins. Test the crème caramel with a skewer – it must come out clean. Remember, the custard may not look set when it comes out of the oven but it will set as it cools down. Remove the ramekins from the roasting tin and allow to cool completely before refrigerating them for at least two hours, but preferably overnight.

To serve Turn the crème caramels out onto plates. This is easier if you quickly place each ramekin in a little boiling water first to melt the caramel at the bottom, then use a knife to separate the custard from the sides. 

Tip

It's important to work quickly when the caramel is ready as it doesn't take long to harden.

Crème caramel

Serves: 8-10

Preparation time: 40 minutes

Baking time: 20-25 minutes

Oven temperature: 150°C

CARAMEL SYRUP

- 250ml (200g) sugar
- 60ml water
- pinch of cream of tartar

CUSTARD

- 3 extra-large eggs
- 5 extra-large egg yolks
- 75ml (60g) sugar
- 500ml milk
- 500ml cream
- 1 vanilla pod



1 Prepare the caramel syrup

Pour the sugar and water into a heavy-based saucepan and heat over a moderate temperature until the sugar has dissolved. Shake the saucepan to ensure that the sugar dissolves evenly and use a pastry brush to remove the sugar crystals that form on the sides. Stir in the cream of tartar and keep the saucepan on the plate until the melted sugar has turned a golden caramel colour. Then remove the saucepan



from the heat – don't leave it for too long, as it will become too dark and develop a bitter taste.

2 Pour the caramel syrup into the ramekins and ensure that the bottom of each one is completely covered. Leave to stand until the caramel has cooled completely. Preheat the oven.

3 Prepare the custard Beat the eggs, yolks and sugar until light and creamy.

4 Cut open the vanilla pod lengthways, scrape out the seeds and add them to the milk.

A luscious crème caramel might take a few moments more and a little more effort but the results are definitely worth it.

- Donna Hay, food writer



Death by chocolate

Astound your guests with your culinary expertise when you serve this tempting dessert.



Chocolate fondant

The trick to this dessert is to achieve a slightly runny centre and a firm outer crust. It makes for a delightful surprise when you insert your spoon for the first taste. You could turn out the dessert when serving it but the danger of the whole thing collapsing just isn't worth the risk.



Tip

To save time, prepare the desserts in advance, spoon them into the greased cups and store them in the fridge. Remove the desserts from the fridge when your guests arrive so that they have time to return to room temperature, and bake the decadent temptations just before serving. Use orange-flavoured chocolate as a variation and decorate the desserts with syrupy glacé orange peel. You could also add a tot of liqueur or coffee to the mixture before baking.

Serves: 6

Preparation time: 15 minutes

Oven temperature: 180°C

Cooking time: 25 minutes

- cocoa, for sifting
- 140g dark chocolate (70% cocoa)
- 100g butter
- 4 eggs
- 130g (160ml) sugar
- 80g (140ml) cake flour

1 Preheat the oven. Grease 4-6 teacups or other individual ovenproof dishes with melted butter. (The size of the dishes will influence the baking time. The cups we used hold 250ml.) Sift cocoa over the dishes and shake out the excess – the cocoa should form an even layer in the dishes. Set aside until needed.

2 Break the chocolate into small pieces and melt with the butter in a mixing bowl set over a saucepan of boiling water on the stove. Stir constantly and make sure that the chocolate does not come into contact with the water. You could also melt the chocolate and butter in the microwave oven.

3 Beat the eggs and sugar together until light and fluffy. First fold in the flour, then the chocolate and butter mixture, being careful not to beat the air out of the eggs.

4 Now spoon the mixture into the prepared cups. **Tip** Put a nut truffle in the centre of the dessert; the chocolate melts, but the crisp crunchiness remains.

Bake for about 25 minutes. It's important not to go beyond the baking time to ensure that the outside of the dessert will set while the centre remains runny. Oven temperatures vary, so make sure that your oven is accurate.

Serve as is in the cup or turn out carefully into a bowl. Serve with sour cream, ice cream or custard. Watch your guests' faces when the dessert breaks open and the inside runs out! 🍪



Crème

de la crème

Crack open a crème brûlée
to discover the secrets
of its rich and creamy centre.

Crème brûlée

Serves: 4-6 • Preparation time: 20 minutes • Oven temperature: 180°C • Baking time: 20-25 minutes

You will need

500ml cream • 1 vanilla pod or 5ml vanilla essence • 6 eggs • 100g castor sugar



1 Put the cream in a small saucepan over low heat. Using a sharp knife, cut the vanilla pod open lengthwise and scrape out the seeds. Add the seeds and the pod to the cream in the saucepan. Heat the cream to just before boiling point and remove from the heat. Preheat the oven.



2 Separate the eggs – you'll only be using the egg yolks. Beat the egg yolks and castor sugar together until light and fluffy. The longer you whisk, the thicker it will get and the colour will also get lighter.

Tip You can use the egg whites to make pavlova.



3 Remove the vanilla pod from the cream and add the cream to the whisked egg yolks while continuously beating the mixture.



4 Pour the mixture into ramekins through a sieve and place them on an oven tray. Fill the tray with warm water until it covers the ramekins halfway. Bake for about 20-25 minutes, depending on the size of the ramekins. The crème brûlée is ready when its texture is jelly-like; don't bake it for too long or it will curdle. Allow it to cool to room temperature, cover the ramekins with clingwrap and place them in the fridge to set until cold.



5 Sprinkle a layer of castor sugar over the cold crème brûlée. Using a blow torch, caramelize the sugar until it's a light caramel colour; it can also be placed under a roasting element in the oven. 🏠

Tips

- For a special touch, you can decorate the crème brûlée with spun sugar and serve it with fresh berries.
- For a decadent end result, add grated chocolate (about 80g) to the cream when you heat it.
- Vanilla pods are full of flavour. Choose a soft pod with a rich, full aroma; a fresh pod feels slightly oily and sometimes has fine crystals on one end. Wrap the vanilla pod in clingwrap and store it in an airtight container until you're ready to use it. Wash the pod once you've removed it from the cream and let it dry. It can't be used again as most of the flavour will have been extracted, but you can place it in a sugar bowl to give the sugar a light vanilla flavour.

Back to basics

Who can resist the heavenly smell of a freshly baked cake just out of the oven?



Sponge cake

Makes: 1 two-layered cake
Preparation time: 30 minutes
Oven temperature: 180°C
Baking time: 20-25 minutes

- 350g unsalted butter, soft
 - 350g castor sugar
 - 6 eggs
 - 10ml vanilla extract*
 - 350g self-raising flour
- FILLING AND TOPPING**
- 250ml cream, beaten stiff
 - 90ml strawberry jam or mixed berry jam
 - icing sugar for sifting on top

- 1** Preheat the oven. Use an electrical beater to cream the butter and castor sugar until light and fluffy.
- 2** Add the eggs one by one and beat thoroughly with each addition. Add the vanilla extract.
- 3** Sieve the self-raising flour three times and carefully fold it into the creamed mixture with a big metal spoon until just combined. Do not over-mix. Spoon the mixture into two greased springform baking tins (23cm) and smooth out the

tops of each. Bake for about 20-25 minutes or until raised and golden brown. Use a cake tester to check whether the cake is ready; it should come out clean.

- 4** Remove the cake from the oven, turn it over onto a wire rack and allow to cool. Place one cake on a serving plate or cake stand and spread with jam. Add a layer of cream and place the second cake on top. Sieve some icing sugar over and serve.

* Vanilla extract is the real deal. It is extracted from vanilla pods, rather than artificial vanilla flavouring and is available at most delis and supermarkets.



Other fillings

- Mix together granadilla pulp and crème fraîche and use it as a filling.
- Lemon curd is just as delicious and can be combined with Greek yoghurt.
- During berry season, you can use jam, fresh berries and whipped cream.
- You can also flavour the batter with rosewater or almond essence.
- Make a chocolate cake by replacing a quarter of the flour with cocoa, then use chocolate ganache as a filling.

To make ganache Melt 250g dark chocolate with 125ml cream. Stir in 60g butter and allow to cool until it's ready to spread. 🏠

Upside-down *delight*

This French delicacy was created accidentally,
but today it's a world-renowned classic!



Tarte Tatin

The Tatin sisters, who ran the Hotel Tatin in the French town of Lamotte-Beuvron, are considered the creators of this famous upside-down caramelised apple tart. Several stories are told about its origin, but the most common is that one of the sisters left apples cooking for too long in butter and sugar. In an attempt to rescue the tart, she placed the pastry dough on top of the apples in the pan and quickly put it in the oven. She turned out the end result on a platter and served it – her guests were pleasantly surprised and it soon became the hotel's speciality. Today, this world famous apple pie is still extremely popular.

Serves: 6

Preparation time: 40 minutes

Oven temperature: 180°C; then 220°C

Baking time: 20 minutes; then 15-20 minutes

- about 600g apples, peeled and cored
- juice and zest of 1 lemon
- 200ml sugar
- 150ml water
- 1 vanilla pod, split open and seeds scraped out
- 80ml butter
- 100g pecan nuts, chopped
- 400g puff pastry, thawed

1 Cut the apples into wedges and sprinkle with lemon juice. Set aside.

2 Heat the sugar, water, vanilla pod and seeds in an ovenproof pan over low heat and stir until the sugar has dissolved (the sugar crystals must be dissolved before the mixture starts to boil). Boil the syrup without stirring until it starts to colour – when it's a light caramel colour, it's perfect.

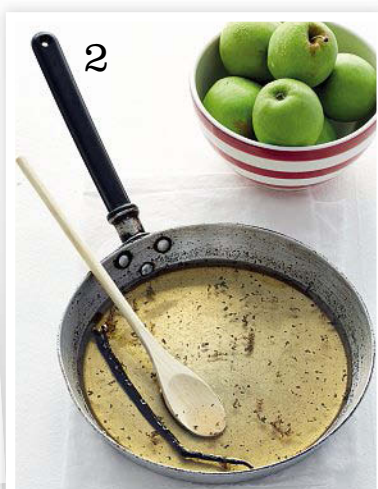
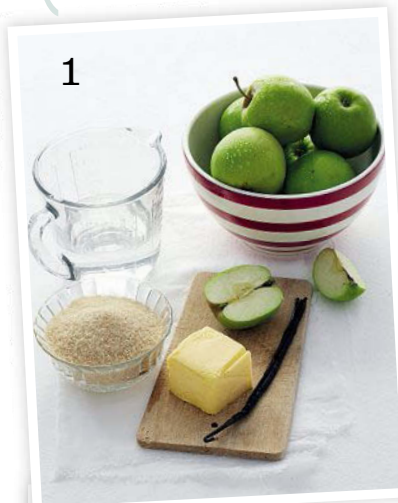
3 Remove the vanilla pod and then stir in the butter.

4 Arrange the apples close together in the syrup. **REMEMBER** The apples shrink as they soften; pack them tightly against each other in concentric circles. Sprinkle the chopped pecan nuts and lemon zest over the apples. Place the pan in a preheated oven at 180°C for 20 minutes, or you can slowly simmer the pan on the stove top for about 5-8 minutes until the apples begin to soften and the syrup thickens. Allow the pan to cool. Increase the oven temperature to 220°C.

5 Roll out the puff pastry and cut it into a circle slightly bigger than the pan; keep the dough cool and work as quickly as you can. Place the dough on top of the apples and press it slightly around the edges of the pan. Bake the tart for 15-20 minutes or until the crust is cooked, golden brown and has puffed up.

6 Let the pie cool for a few minutes in the pan. Place a plate over the pan and turn the tart out onto a plate so the apples are on top.

Tip Flip the tart over in one swift movement, but be careful because the syrup is very hot. Serve the tart with crème fraîche or ice cream. ↑



Deliciously decadent... cheesecake!

Always been a bit wary of baking a cheesecake?
Follow our step-by-step instructions and turn
teatime into party time.

Baked cheesecake

Makes: 1 cake

Preparation time: 40 minutes

Oven temperature: 180°C

Baking time: 60 minutes

CRUST

- 300g biscuits, crushed
- 100g butter, melted
- 5ml lemon zest

FILLING

- 500g cream cheese
- 2.5ml vanilla essence
- juice and zest of 1 lemon
- 3 eggs, separated
- 150ml castor sugar
- 30ml cornflour
- 150ml sour cream

LEMON TOPPING

- 45g butter
- 100g castor sugar
- 1 egg, beaten
- 5ml grated lemon peel
- 10ml lemon juice

1 Make the crust Mix all the ingredients together and press them into the base and slightly up the sides of a springform cake tin or pie dish. Place in the refrigerator while you make the filling, or bake for about 10 minutes in a preheated oven at 180°C.

2 Make the filling Beat the cream cheese, vanilla essence and lemon juice and zest until smooth. Add the egg yolks, 60ml castor sugar, cornflour and sour cream and beat until well mixed.

Whisk the egg whites until stiff, add the rest of the sugar and whisk until smooth and shiny. Fold this into the cream cheese mixture. Spoon the filling onto the crust, smooth the surface and then bake in a preheated oven at 170°C for about 55-60 minutes or until golden brown. The centre will still be a little runny, but it will set as it cools. Switch off the oven and leave the cheesecake inside to cool.

3 Make the lemon topping Mix all the ingredients in a glass mixing bowl over a saucepan of hot water. Stir constantly over hot water until the lemon topping leaves a thin layer on the back of a spoon. Remove from the heat and allow to cool.

4 Spread the lemon topping over the cheesecake. Chill in the refrigerator for 4-12 hours before serving.

Tips

- Most baked cheesecakes taste even better a day or two after baking.
- Vary the crust to match the filling: add finely chopped nuts, 5ml cinnamon or 5ml lemon zest to the biscuits – and choose the biscuits you'd like to use depending on the type of cake you'd like to make. Tennis biscuits, Marie biscuits, bran biscuits or even chocolate biscuits are all suitable; crush them in a food processor or in a plastic bag, using a rolling pin. 🏠



*Because you don't live near a
bakery doesn't mean you have to go
without cheesecake.*

*- Austrian actress,
Hedy Lamarr*





SF122B 60CM White Linea
Electric Multifunction Oven. Energy Rating A-20%

